

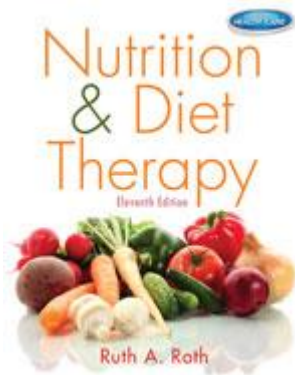


Diet and Nutrition for Allied Health Sciences/ ALHS
1060
COURSE SYLLABUS
FALL 2015

Semester: **SPRING 2015**
Course Title: **Diet and Nutrition for Allied Health Science**
Course Number: **ALHS 1060**
Credit Hours/ Minutes: **2/1500**
Class Location: **8164, Building 8**
Class Meets: **Tues and Thurs 9:00-10:00AM**
CRN: **20219**

Instructor: **Joanna Bell, RN**
Email Address: **jbell@southeasterntech.edu**
Office Location: **Building 8, Office #8160**
Office Hours: **M-R 4:00-5:00 pm**
Phone: **478-289-2201**
Fax: **478-289-2336**
Tutoring Hours: **Please schedule an appointment.**

REQUIRED TEXT: Nutrition and Diet Therapy, 11th Edition, by Ruth Roth



REQUIRED SUPPLIES & SOFTWARE: Paper, pen, pencil, & highlighter, power points are available on Coursemate, the bundle with your book.

COURSE DESCRIPTION: A study of the nutritional needs of the individual. Topics include: nutrients, standard and modified diets, nutrition throughout the lifespan, and client education.

MAJOR COURSE COMPETENCIES:

- | | |
|--------------------------------------|--------------------------------|
| 1. Nutrients | 3. Client Education |
| 2. Nutrition Throughout the Lifespan | 4. Standard and Modified Diets |

PREREQUISITE(S): Program Admission

COURSE OUTLINE:

Nutrients

1. Describe the food guide pyramid and the daily amounts needed.
2. Identify the source and functions of foods and nutrients in maintaining good health.
3. Identify food fallacies.
4. Describe the clinical signs of good nutritional status.
5. Identify the energy producing nutrients including their fuel value.
6. Calculate the energy needs of an individual based on age, sex, activity level, and health status.
7. Discuss the results of over or under consumption of kilocalories.
8. Identify the functions, sources, RDA, and classifications of carbohydrates.
9. Discuss the function of fiber including food sources.
10. Identify the functions, sources, RDA, and classifications of fats.
11. Explain the difference between saturated and unsaturated fatty acids including food sources.
12. Identify the functions, sources, RDA, and classifications of proteins.

13. Compare the effects on health of inadequate or excessive protein intake.
14. Discuss the general functions and classifications of vitamins.
15. Identify the functions, sources, RDA, and deficiency states of fat and water soluble vitamins.
16. Identify the function, sources, RDA, and deficiency states of both major and trace minerals.
17. Discuss the function, requirements, movement, and distribution of water in the body.
18. Describe mechanical and chemical digestion.
19. Describe the pathway of nutrients and the digestive processes that occur in the mouth, stomach, small intestine, and large intestine.
20. Develop a menu that includes variety and is nutritionally balanced.
21. Describe the appropriate methods for handling, storing, processing, and preparing food to conserve nutrients.
22. Promote food habits and cultural diversity by altering a standard diet to accommodate the individual.

Nutrition throughout the Lifespan

1. Identify the nutritional needs for the infant, child, pregnant, lactating, and aged individual.

Client Education

1. Demonstrate client education as it relates to nutrition and diet therapy.

Standard and Modified Diets

1. Define the principles of diet therapy.
2. Explain the objectives of diet therapy.
3. Identify general and special diets.
4. Serve the correct diet, appropriately, to the client.

GENERAL EDUCATION CORE COMPETENCIES: STC has identified the following general education core competencies that graduates will attain:

1. The ability to utilize standard written English.
2. The ability to solve practical mathematical problems.
3. The ability to read, analyze, and interpret information.

STUDENT REQUIREMENTS:

Students are responsible for policies and procedures in the STC E-Catalog and Student Handbook. STC policy states that eating, drinking, and cell phone usage are prohibited in class. Any violation of this policy will result in dismissal from the class.

Prior to the discussion of each chapter in class, the student is expected to complete the following:

1. Read the assigned chapter.
2. Know the answers to the review questions and chapter test at the end of the chapter.
3. Know the definitions of the key terms listed at the end of the chapter.
4. Complete the workbook activities for the assigned chapter.

Exams: During an examination, students are required to place all textbooks and personal property in the area designated by the instructor. Students are to be seated with an empty seat between each student if possible. No talking is allowed once the test begins. **Students found with their cell phone or any other personal communication device during a test will be considered cheating and given a zero for the test grade.**

A final chapter/unit test average of 70 or above is required to sit for the final exam. Grades of 69.9 will not be rounded up. If the student has below a 70 average, a grade of 0 will be given for the final exam.

All students pursuing a degree, a diploma, or a Technical Certificate of Credit with a General Education component will be required to pass the General Education Competency Exams prior to graduation.

ATTENDANCE GUIDELINES: Class attendance is a very important aspect of a student's success. Being absent from class prevents students from receiving the full benefit of a course and also interrupts the learning process. Southeastern Technical College considers both tardiness and leaving early as types of absenteeism. Responsibility for class attendance rests with the student. Regular and punctual

attendance at all scheduled classes is required for student success. Students will be expected to complete all work required by the instructor as described in the individual course syllabus.

Instructors have the right to give unannounced quizzes/assignments. Students who miss an unannounced quiz or assignment will receive a grade of 0. Students who stop attending class, but do not formally withdraw, may receive a grade of F and face financial aid repercussions in upcoming semesters.

ADDITIONAL ATTENDANCE PROVISIONS

Health Sciences

Requirements for instructional hours within Health Science and Cosmetology programs reflect the rules of respective licensure boards and/or accrediting agencies. Therefore, these programs have stringent attendance policies. Each program's attendance policy is published in the program's handbook and/or syllabus which specify the number of allowable absences. All provisions for required make-up work in the classroom or clinical experiences are at the discretion of the instructor.

Attendance is counted from the first scheduled class meeting of each semester. To receive credit for a course a student must attend at least 90% of the scheduled instructional time. Time and/or work missed due to tardiness or absences must be made up at the convenience of the instructor. Any student attending less than the required scheduled instructional time (90%) may be dropped from the course as stated below in the Withdrawal Procedure.

Tardy means arriving after the scheduled time for instruction to begin. Early departure means leaving before the end of the scheduled time. Three (3) tardies or early departures equal one (1) absence for the course.

For this class, which meets 2 days a week for 15 weeks, the maximum number of days a student may miss is 3 days during the semester.

SPECIAL NEEDS: Students with disabilities who believe that they may need accommodations in this class based on the impact of a disability are encouraged to contact Jan Brantley, Room 1208 Swainsboro Campus, 478-289-2274, or Helen Thomas, Room 108 Vidalia Campus, 912-538-3126, to coordinate reasonable accommodations.

SPECIFIC ABSENCES: Provisions for Instructional Time missed because of documented absences due to jury duty, military duty, court duty, or required job training will be made at the discretion of the instructor.

PREGNANCY: Southeastern Technical College does not discriminate on the basis of pregnancy. However, we can offer accommodations to students who are pregnant that need special consideration to successfully complete the course. If you think you will need accommodations due to pregnancy, please advise me and make appropriate arrangements with the Special Needs Office. Swainsboro Campus: Jan Brantley, Room 1208, (478) 289-2274 -- Vidalia Campus: Helen Thomas, Room 108, (912) 538-3126.

WITHDRAWAL PROCEDURE: Students wishing to officially withdraw from a course(s) or all courses after the drop/add period and prior to the 65% portion of the semester (**10-27-15**) must speak with a Career Counselor in Student Affairs and complete a Student Withdrawal Form. A grade of "W" is assigned when the student completes the withdrawal form from the course.

Students who are dropped from courses due to attendance (see your course syllabus for attendance policy) after drop/add until **10-27-2015**, will receive a "W" for the course. Abandoning a course(s) instead of following official withdrawal procedures may result in a grade of 'F' being assigned.

After **10-27-2015**, the student will receive a grade for the course. (Please note: A zero will be given for all missed assignments.)

There is no refund for partial reduction of hours. Withdrawals may affect students' eligibility for financial aid for the current semester and in the future, so a student must also speak with a representative of the Financial Aid Office to determine any financial penalties that may be assessed due to the withdrawal. All grades, including grades of 'W', will count in attempted hour calculations for the purpose of Financial Aid.

Remember - Informing your instructor that you will not return to his/her course does not satisfy the approved withdrawal procedure outlined above.

MAKEUP GUIDELINES: In the event of an absence on an exam day, the student will be allowed to make-up one exam which will be given at the discretion of the instructor. A grade of "0" will be given to all subsequent exams missed. The make-up exam may or may not be the same as the original exam. It may also be a different test format. If a student misses the final exam and has already used their ONE time make-up, the student will NOT be allowed to make-up the final exam and be given a zero for the final exam.

ACADEMIC DISHONESTY POLICY: The STC Academic Dishonesty Policy states *All forms of academic dishonesty, including but not limited to cheating on tests, plagiarism, collusion, and falsification of information, will call for discipline.* The policy can also be found in the *STC Catalog and Student Handbook*.

Procedure for Academic Misconduct

The procedure for dealing with academic misconduct and dishonesty is as follows:

--First Offense--

Student will be assigned a grade of "0" for the test or assignment. Instructor keeps a record in course/program files and notes as first offense. The instructor will notify the student's program advisor, academic dean, and the Registrar at the student's home campus. The Registrar will input the incident into Banner for tracking purposes.

--Second Offense--

Student is given a grade of "WF" for the course in which offense occurs. The instructor will notify the student's program advisor, academic dean, and the Registrar at the student's home campus indicating a "WF" has been issued as a result of second offense. The Registrar will input the incident into Banner for tracking purposes.

--Third Offense--

Student is given a grade of "WF" for the course in which the offense occurs. The instructor will notify the student's program advisor, academic dean, and the Registrar at the student's home campus indicating a "WF" has been issued as a result of second offense. The Vice President for Student Affairs, or designee, will notify the student of suspension from college for a specified period of time. The Registrar will input the incident into Banner for tracking purposes.

STATEMENT OF NON-DISCRIMINATION: Southeastern Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, gender, religion, disability, age, disabled veteran, veteran of Vietnam Era or citizenship status, (except in those special circumstances permitted or mandated by law). This school is in compliance with Title VI of the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, or national origin; with the provisions of Title IX of the Educational Amendments of 1972, which prohibits discrimination on the basis of gender; with the provisions of Section 504 of the Rehabilitation Act of 1973, which prohibits discrimination on the basis of handicap; and with the American with Disabilities Act (ADA).

GRIEVANCE PROCEDURES: Grievance procedures can be found in the Catalog and Handbook located on STC's website.

ACCESS TO TECHNOLOGY: Students can now access Angel, Remote Lab Access, Student Email, Library Databases (Galileo), and BannerWeb via the mySTC portal or by clicking the Current Students link on the STC website at www.southeasterntech.edu.

GRADING POLICY

Chapter Exams	70%
Menu Assignment	5%
Final Exam	<u>25%</u>
	100%

GRADING SCALE

A: 90-100
B: 80-89
C: 70-79
D: 60-69
F: 0-59

TCSG GUARANTEE/WARRANTY STATEMENT:

The Technical College System of Georgia guarantees employers that graduates of State Technical Colleges shall possess skills and knowledge as prescribed by State Curriculum Standards. Should any graduate employee within two years of graduation be deemed lacking in said skills, that student shall be retrained in any State Technical College at no charge for instructional costs to either the student or the employer.

Evaluation Procedures: Students will be given a total of 13 written examinations throughout the semester and 1 final exam at the end of the semester.

Each student's final course grade will be determined as follows:

Average of Exams	x 0.70 =	+ _____
Menu Assignment	x 0.05 =	+ _____
Final Exam	x 0.25 =	+ _____
Numerical Course Grade	=	_____

STUDENT SUPPLEMENTARY MATERIALS & COURSEMATE:

Nutrition and Diet Therapy, 11th edition, by Roth comes with access to free online student supplementary materials and COURSEMATE. Pages xxii and xxiii in the front of the textbook will provide student's with instructions for accessing the resources. You will need the access card/code purchased with the textbook to access COURSEMATE. To reinforce information taught in this course, students are encouraged to use the online resources provided with the textbook.

****Disclaimer Statement**** Instructor reserves the right to change the syllabus as necessary. The official copy of the syllabus is located inside the student's online course shell or will be given to student during face to face class time during the first day of the semester. The syllabus displayed in advance of the semester in a location other than the course student is enrolled in is for planning purposes only.

AHLS 1060 Diet and Nutrition for Allied Health Sciences FALL Semester 2015 Lesson Plan <u>This syllabus is subject to change at the discretion of the instructor.</u>				
Date	Chapter / Lesson	Content	Assignments & Tests Due	Comp Area
Week 1				
08/18/15 Tuesday	Chapter 1	Introduction to Class Review Sample Menu/7-Day Food Diary Assignment Instructions Chap 1 The Relationship of Nutrition and Health	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3

08/20/15 Thursday	Chapter 2	Chapter 2 Planning a Healthy Diet	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 2				
08/25/15 Tuesday	Test 1	Test Chapter 1-2	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
08/27/15 Thursday	Chapter 3	Chapter 3 Digestion, Absorption, and Metabolism	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 3				
09/01/15 Tuesday	Test 2	Chapter 3 Test	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
09/03/15 Thursday	Chapter 4 Chapter 5	Chapter 4 Carbohydrates Chapter 5 Lipids or Fats	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 4				
09/08/15 Tuesday	Test 3	Chapter 4-5 Test	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
09/10/15 Thursday	Chapter 6 Chapter 7	Chapter 6 Proteins Chapter 7 Vitamins	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 5				
09/15/15 Tuesday	Test 4	Test Chapter 6-7	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises	CC 1,2,3,4 GC 1,2,3

			Study for upcoming test	
09/17/15 Thursday	Chapter 8 Chapter 9	Chapter 8 Minerals Chapter 9 Water	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 6				
09/22/15 Tuesday	Test 5	Chapters 8-9 Test	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
09/24/15 Thursday	Chapter 10 Chapter 11	Chapter 10 Food Related Illnesses and Allergies Chapter 11 Diet during Pregnancy and Lactation	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 7				
09/29/15 Tuesday	Test 6	Chapters 10-11 Test	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
10/01/15 Thursday	Chapter 12 Chapter 13	Chapter 12 Diet during Infancy Chapter 13 Diet during Childhood and Adolescence	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 8				
10/06/15 Tuesday	Test 7	Chapters 12-13 Test	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
10/08/15 Thursday	Chapter 14 Chapter 15	Chapter 14 Diet during Young and Middle Adulthood Chapter 15 Diet during Late Adulthood	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 9				
10/13/15 Tuesday	Test 8	Chapters 14-15 Test	Read all chapters for test Complete all end of chapters activities	CC 1,2,3,4 GC 1,2,3

			Complete applicable student CD_ROM exercises Study for upcoming test	
10/15/15 Thursday	Chapter 16 Chapter 17	Chapter 16 Diet and Weight Control Chapter 17 Diet and Diabetes Mellitus	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 10				
10/20/15 Tuesday	Test 9	Chapter 16-17 Test	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
10/22/15 Thursday	Chapter 18	Chapter 18 Diet and Cardiovascular Disease Reminder: **Begin Sample Menu and Food Diary Assignment at home	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test (Begin Sample Menu and Food Diary Assignment It is worth 5% of your grade for the course)	CC 1,2,3,4 GC 1,2,3
Week 11				
10/27/15 Tuesday	Test 10	Chapter 18 Test 65% of Semester	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
10/29/15 Thursday	Chapter 19	Chapter 19 Diet and Renal Disease	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 12				
11/03/15 Tuesday	Test 11	Chapter 19 Test Sample Menu Assignment due next class	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
11/05/15 Thursday	Chapter 20 Chapter 21	Chapter 20 Diet and Gastrointestinal Problems Chapter 21 Diet and Cancer Sample Menu Assignment and 7-Day Food Diary DUE TODAY	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises	CC 1,2,3,4 GC 1,2,3

			Study for upcoming test	
Week 13				
11/10/15 Tuesday	Test 12 Chapter 22	Chapters 20-21 Test Chapter 22 Diet and Clients with Special Needs	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
11/12/15 Thursday	Chapter 23	Chapter 23 Nutritional Care of Clients	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
Week 14				
11/17/15 Tuesday	Test 13	Chapters 22-23 Test	Read all chapters for test Complete all end of chapters activities Complete applicable student CD_ROM exercises Study for upcoming test	CC 1,2,3,4 GC 1,2,3
11/19/15 Thursday	Chapters 1-23	Review Chapters 1-23 for final exam Students can ask questions about previous information in preparation for final exam during this class-time.	Review all previous chapters in preparation for comprehensive final exam Review Student CD-ROM exercises in preparation for final exam	CC 1,2,3,4 GC 1,2,3
Week 15				
11/24/15 Tuesday	Chapters 1-23	Review Chapters 1-23 for final exam Students can ask questions about previous information in preparation for final exam during this class-time. MAKE UP TEST DAY	Review all previous chapters in preparation for comprehensive final exam Review Student CD-ROM exercises in preparation for final exam	CC 1,2,3,4 GC 1,2,3
11/26/15 Thursday	HOLIDAY	HOLIDAY		
Week16				
12 /01/15 Tuesday	Chapters 1-23	Final Review		CC 1,2,3,4 GC 1,2,3
12/03/2015 Thursday		COMPREHENSIVE FINAL EXAM		CC 1,2,3,4 GC 1,2,3

COURSE COMPETENCIES: (CC)

- | | |
|--------------------------------------|--------------------------------|
| 1. Nutrients | 3. Client Education |
| 2. Nutrition Throughout the Lifespan | 4. Standard and Modified Diets |

GENERAL EDUCATION CORE COMPETENCIES: (GC)

STC has identified the following general education core competencies that graduates will attain:

1. The ability to utilize standard written English
2. The ability to solve practical mathematical problems.
3. The ability to read, analyze, and interpret information.

Instructions for a Sample Menu Assignment

(See lesson plan for due date)

1. Choose a diet from the Diet and Nutrition Textbook. For example Low Fat Diet, Low Sodium Diet, etc.
2. Then make out a menu including a sample breakfast, lunch, snack and a dinner meal for one day.
3. The meals should be well balanced and not be below 1200 calories for any sample menu.
4. You can use your textbook or search the web for foods allowed on your chosen sample menu. Then use the myfitnesspal.com app to key in your diet. This is free on the web, or your Smartphone. Create your account and you can enter your diet for the day, don't forget to add beverages, and then print it off. Make sure you label it as to what diet you have chosen..ex. low sodium, low cholesterol, diabetic diets, etc. You will do the same for your 7 day food diary. I have attached an example below of what you should be turning in.

Instructions for 7-day Food Diary

Keep a food diary for 7 days and write down everything you have to eat and drink. Enter your daily intake into myfitnesspal.com for 7 days and print off each day. This way you will have a breakdown of carbs, cholesterol, protein, fiber, sugar, etc so you will be able to see if you are meeting the daily recommendations in your diet or if you are exceeding them. You can also keep track of any exercise you complete as well. What did you learn? 10 points will be deducted for diaries that are turned in after class time on date due.

Grading Rubric

Sample menu breakfast/lunch/snack/dinner – each worth a maximum of 7.5 points for a maximum grand total of 30 points

Food Diary- each day is worth a maximum of 10 points for a maximum grand total of 70 points

*****Points will be deducted if instructions are not followed or if it is turned in late.**

Combined total maximum grade= 100 points (worth 5% of final ALHS 1060 grade)

Sample Menu	Maximum points for each
Breakfast	7.5
Lunch	7.5
Snack	7.5
Dinner	7.5

Maximum Total: 30

Food Diary	Maximum points for each day
Day 1	10
Day 2	10
Day 3	10
Day 4	10
Day 5	10
Day 6	10
Day 7	10

Maximum Total: 70

Combined total maximum grade= 100 points (Worth 5% of final ALHS 1060 grade)

Example of Low Sodium Diet
that is well balanced.

Printable Diary for Studentstc

From: April 8 2013
To: April 8 2013

Show: Food Diary Food Notes
 Exercise Diary Exercise notes

CHANGE REPORT

April 8, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Fruit - Banana, 1 banana	110	30g	0g	1g	0mg	0mg	19g	3g
Walmart - Great Value - 1% Low Fat Milk - Grade A Vitamin A&D, 1 cup (8oz 240ml)	100	12g	3g	8g	10mg	120mg	12g	0g
Yoplait - 99% Low Fat Yogurt Strawberry Banana 6oz, 1 container	170	33g	2g	5g	10mg	85mg	26g	0g
Lunch								
Bumble Bee - Very Low Sodium Tuna Fish, 1/4 cup	70	0g	0g	16g	25mg	35mg	0g	0g
Triscuit - Whole Grain Wheat Crackers, Low-Sodium, 6 crackers	120	20g	4g	3g	0mg	50mg	0g	3g
Fruit - Apple Med, 1 medium (2-3/4" dia) (approx 3 per lb)	70	19g	0g	0g	0mg	1mg	14g	3g
V8 Juice - V8 Low Sodium Original 100% Vegetable Juice, 8 oz	50	10g	0g	2g	0mg	140mg	8g	2g
Dinner								
Naf's Homemade - Chicken Noodle Soup (Whole Wheat Pasta, Low Sodium), 1 1/2 cups	225	20g	5g	10g	0mg	300mg	0g	3g
Green Giant Cut Green Beans - Low Sodium, 1/2 cup	20	4g	0g	1g	0mg	160mg	2g	1g
Generic - Ice Tea - Unsweet - No Lemon, 12 oz	0	0g	0g	0g	0mg	0mg	0g	0g
Snacks								
Paul Newman's - Unsalted Popcorn, 3.2 cups	100	20g	2g	3g	0mg	0mg	0g	3g
Naked Juice - Strawberry Banana 100% Juice Smoothie, 1 container (16 fl ozs ea.)	260	62g	0g	2g	0mg	10mg	46g	0g
Fresh Fruit - Fruit Bowl (Grapes, Pineapple, Strawberry), 8 oz	116	58g	0g	1g	0mg	0mg	25g	3g
TOTAL:	1,411	288g	16g	52g	45mg	901mg	152g	21g