



Name:

Date:

Case Study: Cordelia's Food Blog

Entry #1: Making Some Changes

Hey Fam,

So, I've been going with my mom to her doctor's appointments lately. The doc talks a lot about her type 2 diabetes and all the environmental things that cause it that are out of her control. The doctor ALSO says that one of the most important things she can control is how she EATS! I can't believe it. I always kind of knew food was related to diabetes but if my mom isn't eating right, neither am I! we eat together for breakfast and dinner and we eat basically the same things. Sooo, I guess I am basically going to get Type 2 Diabetes in the future unless my mom and I make changes now! According to her doctor, if mom changes her diet she could keep her symptoms from getting really bad and if I make changes now I can reduce my chance of getting it altogether!

I gotta make some changes to my diet if I don't want Type 2 diabetes! Help me Fam, you're my only hope!

Entry #2: Here's the situation

Hey Fam,

Here's the situation I am dealing with. My mom has Type 2 Diabetes, and I am really trying to avoid getting it myself. The doctor told me I need to make sure I am eating healthy and avoid super processed sugars and fats, but...they're SO GOOD! The chips! All the fried things!

Anyways, I kept track of all my meals and snacks for the day (doctor's orders), and this is what I came up with:

- **Breakfast:** 2 cups of frosted flakes with 1 cup of whole milk and a cup of coffee with 2 Tbs of hazelnut creamer and 1 Tbs sugar
- **Snack:** 1 - 1oz bag of Fuego Takis
- **Lunch:** 1 slice of pepperoni pizza with an 12oz can of cherry coke
- **Snack:** 1 apple
- **Dinner:** 1 KFC famous bowl
- **Dessert:** 2 KFC cookies

Tasty, right?!

I also went to the USDA My Plate Planner and this is what it told me to eat everyday.

- **Total Calories:** 2000
- **Fruits:** 2 cups
- **Vegetables:** 2 1/2 cups
- **Protein:** 5 1/2 ounces
- **Grains:** 6 ounces
- **Sodium:** less than 2,200 milligrams
- **Saturated fat:** less than 22 grams
- **Added sugars:** less than 50 grams

I'm not going to lie, I think I probably went over these guidelines by like, A LOT, but I also don't totally understand what a meal plan that meets these guidelines even looks like. what am I supposed to eat?!



Food Blog Notetaker

Directions: Each group member should be responsible for one page of the Nutrition Facts for breakfast, snacks, or lunch/dinner. Record the page each group member is responsible for below:

| Student Name | Nutrition Facts |
|--------------|-----------------|
| | Breakfast |
| | Snacks |
| | Lunch/Dinner |

Individual instructions: Each group member should have their own separate sheet of paper. On your paper, copy this information:

- Calories:
- Sodium:
- Saturated Fat:
- Added Sugar:

Add up these totals for your assigned Nutrition Facts. Then, come back together and add up the totals for all of Cordelia's meals for the entire day. Record them below:

| Total Calories | Total Sodium | Total Fat | Total Sugars |
|----------------|--------------|-----------|--------------|
| | | | |

Then, determine how many **servings** of each food group Cordelia consumed that day, and record below:

| Fruits | Vegetables | Protein | Grains |
|--------|------------|---------|--------|
| | | | |

Reminder: One serving of fruits or vegetables is about the size of a *tennis ball*. One serving of protein is about the size of an *egg* (in fact, one egg is one serving of protein!) One serving of grains is about the size of a *fist*.



Entry #3: Making a Plan

Hey Fam,

Clearly my diet has been pretty unhealthy for a long time. I didn't realize it before, but now that I am seeing the ways that Type 2 Diabetes is impacting my mom, I understand that I need to change my habits. The thing is, I am not sure where to start. I know there are some places to buy food around my neighborhood, but when I go to them, everything seems unhealthy and processed. Can you help me figure out where to go and what to buy?



Making A Plan

Using the **map of Cordelia's neighborhood** for ideas, design a menu for Cordelia that reduces her chances of developing Type 2 Diabetes, high cholesterol, and heart disease using the resources available to her and making sure her diet is diverse and good for her local ecosystem. **Make sure she is meeting the nutritional guidelines she laid out for herself in Entry #2 using the USDA My Plate Planner.**

| Breakfast | AM Snack | Lunch |
|-----------|----------|---------|
| | | |
| PM Snack | Dinner | Dessert |
| | | |

How many servings of each food would she eat if she used your menu?

| Total Calories | Sodium | Saturated Fat | Sugars |
|----------------|------------|---------------|--------|
| | | | |
| Fruits | Vegetables | Proteins | Grains |
| | | | |

On the back of this paper, write a paragraph (4-5 sentences) responding to Cordelia's blog posts with your recommendations and why your plan is healthier.