

## Increasing the Nutritional Value of Meals

Name: \_\_\_\_\_

**Directions:** Using the following menus, add or delete certain food items to make the meal more nutritious for a nursing mom. When something is deleted, you may substitute something in its place.

		<b>How could I change this meal?</b>
<b>Menu 1</b>	turkey sandwich potato chips apple cola 2 candy bars	_____ _____ _____
<b>Menu 2</b>	steak french fries applesauce milk blueberry pie	_____ _____ _____
<b>Menu 3</b>	chicken breast rice corn green beans brownie	_____ _____ _____
<b>Snacks</b>	cola chocolate cake	_____ _____ _____