Breakfast

Original Foods/Calories	Substituted Food/Calories	Net Caloric Change
Brown Sugar Poptart	Mixed Berry Nutrigrain Bar	
204 kcals	140 kcals	64 kcals
Glazed Donuts	Apple Cinnamon Oatmeal	
239 kcals	128 kcals	111 kcals
Plain English Muffin	Whole Wheat English Muffin	
136 kcals	118 kcals	18 kcals
Plain Bagel	Whole Wheat English Muffin	
195 kcals	195 kcals	77kcals
Buttermilk Waffles	Nutrigrain Waffles	
220 kcals	220 kcals	112 kcals

NUTRITION
Improvement In Abby Kelley Foster Charter Public Middle School

Alyssa Mun, Cristina Fouraux, David Pierre
Great Problem Seminar: Feed the World

Lunch

Original Food/Calories	Substituted Food/Calories	Net Caloric Change
2 Slices of Thin Crust Pepperoni Pizza	2 Slices of Whole Wheat Pizza w/ Sauce, Skim Mozzarella Cheese, Turkey Pepperoni, and Mushrooms	
570 kcals	395 kcals	175 kcals
6 Inch Beef Hot Dog	6 Inch Reduced Fat Beef Hot Dog	
300 kcals	136 kcals	164 kcals
1 Cup Beef Chili	1 Cup Turkey Chili w/ Beans	
528 kcals	203 kcals	325 kcals
2 Cups of Spaghetti w/ Meatsauce	2 Cups of Spinach Spaghetti w/ Tomato Sauce	
699 kcals	456 kcals	243 kcals

Problem

The lunch and breakfast menus at this middle school offer unhealthy and un nutritious choices to children attending the school. The food offered is too high in calories, contains too much fat and carbohydrates, and not enough protein and vitamin A.

Solution
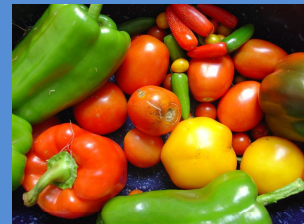
After evaluating the food items on the school's menu, we will try to persuade the administration to re-evaluate their current menus and replace the sugary, fatty foods with more nutritious choices with the intent to significantly drop the number of calories the children take in at school.

Vitamin A is known to prevent "night blindness," and carrots are loaded with Vitamin A. So, why not load-up today!

Nutritional Necessities

Nutrient	9-13 Years Old Recommended Nutrients
Protein(g)	34
Vitamin A (mcg RAE)	600
Total Fat (g)	63.6-89
Calories	1241(girls)
	2135(boys)
Carbohydrates	130

When a source of Vitamin C (tomato) is eaten with meat or cooked dry beans, the body makes better use of the iron in the protein food.

Promotional Material

-Information Session
-Commercial