

### Menu Modification Assignment

Overall, the original menu met most of the nutrient requirements by at least 70%. The only nutrients that needed modifying were folate, niacin, and zinc. I also decreased the fat content so that it was within the 20-35% calorie range.

To decrease fat intake, I removed the lemon bars completely from the HS snack on day one. I also decrease the amount of walnuts, almonds, pesto, mayonnaise, bacon, and chocolate chips that we used in our recipes.

To increase folate consumption, I increase the amounts of green peppers, celery, carrots, and broccoli that we used in the omelet and salad.

To increase vitamin B3 consumption, I increased the serving sized of the pork dinner, spaghetti squash, peaches, milk, and pretzels.

These modifications brought the zinc content up from 57% to 65% of the recommendation.

### Modified Menu Nutrient Report:

Calories: 2175 kcal

Macronutrients:

- Protein 109 g
- Carbohydrates: 260 g
- Fat: 84 g

Dietary Fiber: 25 g

Vitamins (as % of recommendation):

- Vitamin A: 119%
- Vitamin B1: 103%
- Vitamin B2: 137%
- Vitamin B3: 74%
- Vitamin B12: 105%
- Vitamin C: 183%
- Folate: 71%

Minerals (as % of recommendation):

- Calcium: 89%
- Iron: 163%
- Zinc: 65%