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A) Diet and physical activity assessment: Include your unit 2 screen shots and your personal diet and physical activity assessment write-up.

B) Conduct an Internet search on the dietary habits of a community in which you are interested. You can choose from the list below or select your own community. Prepare a 100-150 word summary of the information that you found on their cultural food preferences. You can use a search engine like Google or the Health Sciences Resource Room. Properly cite the website in your write up.

- African American
- Appalachian
- Amish
- Hmong
- Mexican-American
- Middle Eastern
- Puerto Rican
- Vietnamese
Dietary Trends and Nutrition

Unit 1 Dietary Trends and Nutrition

Information to Remember:

- Key learning point from the unit about dietary trends and nutrition - From a professional perspective, nutrition science determines what the human body needs to function optimally to grow, be active, and reproduce. This is the foundation upon which guidelines are created and individualized programs can be formulated for people to achieve optimal health. Nutrition refers to the food people eat and how it nourishes them.

- Key learning point from the unit about dietary trends and nutrition - Nutrition versus dietetics; work related roles of nutrition professionals. Registered Dietitians and public health nutritionists are just two of the nutrition professions identified in the reading. Dietitians tend to have a micro focus, creating the functional programs to assist with individualized nutrition plans. Public health nutritionists, on the other hand, function at a macro level, overseeing nutritional goals and plans for larger groups of people, often times with specific health concerns or dietary issues.

- Key learning point from the unit about dietary trends and nutrition - Major factors that have changed the role of nutrition in Americans include behavior, psychology and physiology. Individual eating patterns are shaped by social settings, moods and emotions, personal likes and dislikes, culture and customs. The purpose of dietary guidelines is to help people make health good choices regardless of the factors listed.

Resources:

- Web Site (1) - www.eatright.org – this website, sponsored by the Academy of Nutrition and Dietetics, this site provides member support and education site furthering its goal of “improving the nation's health and advancing the profession of dietetics through research, education and advocacy” (2012). Its mission is to
empower professionals to be food and nutrition leaders for the whole nation, while its vision is the optimization of health through nutrition.


- Web Site (3) – www.choosemyplate.gov – this website, sponsored by the Center for Nutrition Policy and Promotion operates under the governance of the United States Department of Agriculture. The goal is to “advance and promote dietary guidelines for all Americans and conduct applied research and analysis in nutrition and consumer economics” (n.d.)


- Article, Essay, or Book (1) – The Role of Nutrition Communication in the Age of Health. This essay addressed the role that nutrition professionals will play in the impending battle for health care reform.


**Tools:**

- Computer nutrient-calculation software. www.SuperTracker.com – Supertracker provides tools to track current eating patterns and personalize appropriate eating plans to help consumers to make better food choices

Food Choices

Unit 2 Food Choices

Information to Remember:

- Key learning point from the unit about food choices – Food habits have developed over time based on availability and benefits to health and longevity. Food were once chosen based on how easily accessible they were. Sadly, the same is seen today in the fast food industry’s impact on food choice.

- Key learning point from the unit about food choices – Geography plays a major role in food choices. Food products once indigenous to particular areas of the country are now shipped across country. Food products from other countries are routinely imported for US consumption.

- Key learning point from the unit about food choices – Food choices are influenced by society, convenience, learned habits, health, availability, food sources, and economic factors. As more women entered the workforce, less home cooked meals were consumed. This drove the market for convenience items through the roof.

Resources:

- Web Site (1) – www.sparkteen.com – sponsored by parent company, SparkPeople.com, this site provides interactive tracking tools and an online community of support to help teens achieve and maintain healthy eating and weight maintenance goals.


- Web Site (2) – www.diabetes.org – sponsored by the American Diabetes Association, this website seeks to educating diabetic and pre-diabetic consumers on health eating options.

- Web Site (3) – www.familydoctor.org – sponsored by the American Academy of Family Physicians, this site provides general health information including a complete section on healthy food choices. This portion of the site aids consumers in selecting healthier options between two choices.


- Article, Essay, or Book (1) – The Ten Commandments of Healthy Eating for Parents. This article took a simplistic approach in helping parents with guidelines to teaching their kids to eat healthy.


Tools:

- Computer nutrient-calculation software. Health Tool – Fast – Food Choices. Sponsored by WebMD, this interactive tool allows consumers to learn which fast food options, from several restaurants, should be ordered or avoided.

Food Choices: Economics

Unit 3 Food Choices: Economics

Information to Remember:

- Key learning point from the unit about Food Choices: Economics – Causes of hunger and malnutrition include food insufficiency, lack of access to resources and the interrelatedness of hunger, poverty, unemployment and the cost of housing and basic needs. When money is lacking to purchase quality food, health suffers and food poverty occurs.

- Key learning point from the unit about Food Choices: Economics - Special populations most at risk for hunger and malnutrition include the homeless, low-income women, low income people in general, and minorities. Those with diminished resources are forced into the “value meal trap” of lower nutrient density if food options available for purchase with limited funds.

- Key learning point from the unit about Food Choices: Economics - The effects of malnutrition include fatigue and low energy, dizziness, poor immune function, swollen, bleeding gums, decaying teeth, poor growth and problems with organ function. Additional effects include bloated stomachs, bones that break easily, muscle weakness, and slowed reaction times (Nemours, 2012).

Resources:

- Web Site (1) – JN.org - this website, sponsored by the American Society for Nutrition, offers online access to the Journal of Nutrition. The site includes current research on nutrition, diversity and economics in food choices.

- **Web Site (2)** – www.nestlenutritioninstitute.org/resources/On-line Conferences– this professional site shares full length health presentations on varied topics such as food choice and economics.


- **Web Site (3)** – Eat Well for Less - this website offers self-paced a series of self-paced, web-based learning modules in helping to meet some of the challenges of running a household. The program’s goal is to share useful information about how to plan healthful meals, prepare tasty, low-cost foods that are quick and easy, and make food dollars last through the month.


- **Article, Essay, or Book (1)** – Farmers Market Food Finds: Local Produce is Healthier for You and the Planet. This essay identified the benefits of shopping for produce at farmer’s markets from both health and economic perspectives.


**Tools:**

- **Computer nutrient-calculation software. Cost of Raising a Child Calculator**

By utilizing location, population, marital status, age of child and post secondary education expenditure projections, the calculator indicates the projected cost of raising a child to the age of 18.

Information to Remember:

- Key learning point from the unit about Food Choices: Foodborne Illnesses - Illness caused by an organism is food infection. Illness caused by toxins present in the food is food poisoning. Prevention of both is capable through proper food handling techniques.

- Key learning point from the unit about Food Choices: Foodborne Illnesses - Safe food handling is the key to keeping foodborne illnesses at bay. By using some basic safety principles and being consistent and diligent in good hygiene practices, consumers can often avoid these maladies. The World Health Organization (WHO) has identified five keys to safer food. These keys include keeping clean, separating raw and cooked foods, cooking foods thoroughly, keeping food at safe temperatures, and using safe water and raw materials (n.d.).

- Key learning point from the unit about Food Choices: Foodborne Illnesses - Safe food handling aids in prevention of foodborne illness. Proper refrigeration and freezing, adequate food separation in storage are major keys to safe handling of raw foods. Thorough cooking and immediate storage of leftovers all keep the incidence of contamination to a minimum (Schlenker and Roth, 2010, pg. 231).

Resources:

- Web Site (1) – www.cdc.gov/foodborneburden - this CDC website provides detailed statistics on the number of cases of foodborne illnesses in the US over the period
from 1999 to 2011. The information provided includes trend data, multistate outbreak data, and prevention and education data.


- Web Site (2) – www.cdc.gov/foodsafety/diseases - this CDC website provides a thorough list of foodborne illnesses. Each illness listed provides a link to detailed information, including photos of the organisms involved.


- Web Site (3) – www.nlm.nih.gov/medlineplus/foodborneillness - sponsored by the National Library of Medicine, under the governance of the National Institutes of Health, this website provides extensive information on foodborne illnesses, including symptoms, diagnoses, conditions, pictures, and information on clinical trials.


- Article, Essay, or Book (1) – Foodborne Illnesses: What Consumers Need to Know
  This article explains what foodborne illnesses are, how bacteria enters the food supply, how to safely handle and store food, and what to do in the case of contamination. It also provides a table various bacteria, the foods associated, the symptoms, and prevention tips.


**Tools:**

- Computer nutrient-calculation software. www.explore.data.gov - This calculator provides information on the assumptions behind foodborne illness cost estimates. The tool is provided by the USDA Economic Research Service.

Genetically Engineered Food

Unit 5 Genetically Engineered Foods

Information to Remember:

- Key learning point from the unit about Genetically Engineered Food – Genetically modified food products are plants that have had their genetic characteristics altered. Scientists change the plants' characteristics by putting new genetic material into them, genes for example from bacteria which can withstand pesticides (Bionet, 2002).

- Key learning point from the unit about Genetically Engineered Food - government regulation of genetically modified products. The Food and Drug Administration (FDA) primarily regulates food additives and new foods, exclusive of meat and poultry. The exception is genetically engineered animal growth hormones bST and pST. The FDA is required to determine the safety and effectiveness of animal drugs. The process requires the drugs to be proven safe by rigorous scientific studies. Residues of the drug in meat, milk, or eggs must be safe for people to eat or the FDA will not approve the drug.

- Key learning point from the unit about Genetically Engineered Foods - Pros and cons of biotechnology - Risks include introducing allergens and toxins to food, accidental contamination between genetically modified and non-genetically modified foods, antibiotic resistance, adversely changing the nutrient content of a crop, creation of "super" weeds and other environmental risks. Benefits include increased pest and disease resistance, drought tolerance, and increased food supply” (WebMD, 2012).
Resources:

- Web Site (1) - www.naturalnews.com – this website, sponsored by a non-profit collection of public education websites, seeks to provide information to consumers that help them make positive changes in the environment and to their personal health.


- Web Site (2) – www.bio.org – this website, sponsored by the Biotechnology Industry Organization, the chief supporter and advocate of biotechnology. The site includes research findings and information on clinical trials in genetic engineering.


- Web Site (3) – www.bionetonline.org – this website is a collective effort by eight European science centers and museums. The site includes a section entitled Future Foods that explores genetically modified foods in a user friendly format including a quiz to test consumer awareness.


- Article, Essay, or Book (1) – Biotechnology information series: Regulation of genetically engineered organisms and products. This article addressed the government regulation process of genetically engineered products.


Tools:

- Computer nutrient-calculation software. www.FactoryFarmMap.org - This website includes interactive mapping tools to teach consumers how factory farms impact us.

The Organic Food Movement

Unit 6 The Organic Food Movement

Information to Remember:

- Key learning point from the unit about The Organic Food Movement – Organic farming growth “has been triggered by multiple factors. Many family farmers are discovering organic farming provides more economic stability than conventional farming. Consumers are buying more organic products as they are witnessing an increasing number of scientific studies revealing the dangers (to human health and the environment) of pesticides and genetically engineered crops. Consumers also support organic farming, because it’s more likely to support family farmers (although in increasingly fewer cases)” (Organic Consumers Association, 2004).

- Key learning point from the unit about The Organic Food Movement - The National Organic Program and the Organic Foods Production Act are intended to assure consumers that the organic foods they purchase are produced, processed, and certified to be consistent with national organic standards. “The National Organic Program regulates all organic crops, livestock, and agricultural products certified to the United States Department of Agriculture (USDA) organic standard. Organic certification agencies inspect and verify that organic farmers, ranchers, distributors, processors, and traders are complying with the USDA organic regulations” (USDA, n.d.d).

- Key learning point from the unit about The Organic Food Movement - Organic farming entails: Use of cover crops, green manures, animal manures and crop rotations to fertilize the soil, maximize biological activity and maintain long-term soil health. Use of biological control, crop rotations and other techniques to manage weeds, insects and diseases. An emphasis on biodiversity of the agricultural system and the surrounding environment. Using rotational grazing and mixed forage pastures.
for livestock operations and alternative health care for animal wellbeing. Reduction of external and off-farm inputs and elimination of synthetic pesticides and fertilizers and other materials, such as hormones and antibiotics. A focus on renewable resources, soil and water conservation, and management practices that restore, maintain and enhance ecological balance” (Gold, 2007).

**Resources:**

- **Web Site (1)** [www.ewg.org](http://www.ewg.org) – this website, sponsored by the Environmental Working group, seeks to use public information to protect public health. The group is responsible for the annual Dirty Dozen and Clean Fifteen consumer produce shopping guides.


- **Web Site (2)** [www.organicconsumers.org](http://www.organicconsumers.org) – this website, sponsored by the Organic Consumers Association, addresses issues of food safety, industrial agriculture, genetic engineering, children’s health, and corporate accountability. The organization goals include campaigning for health, justice, sustainability, peace, and democracy.


- **Web Site (3)** – [www.ota.com](http://www.ota.com) – this website, sponsored by the Organic Trade Association seeks to promote and protect organic trade in ways beneficial to farmers, the public, the economy and the environment.


- **Article, Essay, or Book (1)** – Organic Production and Food Safety. This essay sought to debunk the myths that those regularly consuming organic produce were more likely to suffer the ill-effects of foodborne illnesses such as E-coli.


**Tools:**

- Computer nutrient-calculation software. Food Miles Calculator – this calculator measures the distance food travels, not only to reach the consumer, but to the landfill as well.

Global Food Markets

Unit 7 Global Food Markets

Information to Remember:

- Key learning point from the unit about Global Food Markets - Slow Food Movement
  Petrini’s goal was to teach consumers there were choices beyond supermarkets and fast food establishments, with preservation of taste leading the charge. In pursuit of his goal of ecologically minded concern for sustainability and awareness of the disintegrating link between the plate and the planet, his grassroots efforts sought so support small growers and protect the environment while promoting biodiversity (Slow Food USA, 2012a).

- Key learning point from the unit about Global Food Markets - “McWorld” cultural promotion “McWorld” is a term used to describe the increasingly homogenous and consumerist culture that is being produced by economic globalization” (Curran, 2012). The McDonald’s business model’s success in the US has proven a global success time and time again. So much so that everyone else in the game is seeking to expand into global markets utilizing that same effective formula. McWorld culture promotes excess and speed. McWorld promotes universal markets with transparent borders. By catering to local tastes, any conglomerate like McDonalds can move into a country and change the marketplace and the food tastes of the consumers from within. McWorld also promotes consumerism and over consumption of all things fast and cheap.

- Key learning point from the unit about Global Food Markets - The Fast food industry has been found to be directly impacting foreign food markets thorough the obesity link. “Nations with open trade policies have greater densities of fast food restaurants and higher rates of obesity than those with more trade controls” (HealthDay News, 2011).
Resources:

- Web Site (1) – www.slowfoodcolumbus.org - This site it operated by the Columbus, OH chapter of SlowFoodUSA. It seeks to keep consumers informed on events and issues impacting and supporting the Slow Food Movement.


- Web Site (2) - International Monetary Fund (IMF): Food Price Surges - this website provides information on the effect of surging food prices on the world food market.


- Web Site (3) – www.worldhunger.org – this site seeks to educate the general public and target groups about the extent and causes of hunger and malnutrition in the United States and the world.


- Article, Essay, or Book (1) – The Economics of the Fast Food Industry. This essay discusses the economic impact of the fast food industry worldwide. It addresses the issues of high profits versus low wages as a bone of contention when American companies’ set-up shop oversees and the profits do not boost the local economies long-term.


Tools:

- Computer nutrient-calculation software - www.mcdonalds.gr/mcfinder – this website allows consumers to locate McDonald’s restaurants throughout the country of Greece. In addition to location, this site provides location days and hours of operation and telephone numbers.

Information to Remember:

- Key learning point from the unit about Contemporary Weight Loss Programs – Six drugs are currently used to treat obesity are benzphetamine, diethylpropion, phendimetrazine, and phenteramine. These four are only approved for short-term use. The final two, approved for longer-term use, are orlistat and sibutramine. The mechanisms of action for the short term drugs include appetite suppression, stimulation of the central nervous system, and decreased appetite. The mechanism of action for orlistat is the blocking of fat absorbed by the intestine, while that of sibutramine is the boosting of serotonin, dopamine, and norepinephrine levels in the body (Schlenker and Roth, pg. 345).

- Key learning point from the unit about Contemporary Weight Loss Programs - Surgical treatments for obesity have expanded in the past decade. Eligible candidates must have a BMI in excess of 40. Other candidates with BMI above 30 may be considered if other health concerns exist. (Schlenker and Roth, pgs. 345).

- Key learning point from the unit about Contemporary Weight Loss Programs – Complementary and Alternative Medicine (CAM) offers alternatives to traditional prescription medications and surgical procedures for weight reduction. Several options considered to be safe supplements are chromium, 5-HTP and Hydroxycitric acid. Other herbal CAM options have either proven unsafe or are as yet unstudied (Schlenker and Roth, pg. 347).
Resources:

- Web Site (1) – www.sparkpeople.com – this website contains a vast array of interactive tools, tips, diet plans and healthy living articles. While the site remains virtually free of charge, premium services are now being provided to offer greater customization to struggling dieters.
  

- Web Site (2) – www.mayoclinic.com/health/weightloss – this Mayo Clinic website offers comprehensive information on all weight loss options
  

- Web Site (3) – www.centerformedicalweightloss.com – this site provides medically supervised weight loss options and information.
  

- Article, Essay, or Book (1) – FDA Approves 2nd New Weight-Loss Drug

  This article announced the introduction of Qysmia, only the second new diet drug to be approved by the FDA in 13 years. The drug, a combination of phentermine and topiramate, is indicated for those with a BMI in excess of 30, or those with a BMI in excess of 27 with accompanying health risk factors.


Tools:

- The SparkPeople mission is to SPARK millions reach their goals and lead healthier lives. The site offers free nutrition, health, and fitness tools, support, and resources. Recently, premium services have been added in response to requests for more personalized interaction. Companion sites, SparkTeen.com and Babyfit.com cater to health and wellness objectives for teenagers and pregnant women respectively. Information is provided in English.

Diversity of Food Choice

Unit 9 Diversity of Food Choice

Information to Remember:

- Key learning point from the unit about Diversity of Food Choice - Nutrients are more important than individual foods. Healthy diets can be fulfilled by a wide variety of foods. This must be taken into consideration when working with the diets and lifestyle choices of diverse groups of people. This means a balanced diet does not have to consist of 3 perfectly balanced meals, but rather the composite of all food consumption for a given day.

- Key learning point from the unit about Diversity of Food Choice – “Certain racial and ethnic groups are at increased risk of developing particular chronic conditions. This is especially true if they have moved away from their traditional diets” (Schlenker and Roth, pg. 4). This is found quite often in Americanization of a diet as seen in Japan where obesity has not been a problem historically.

- Key learning point from the unit about Diversity of Food Choice - Food patterns have evolved over the years due to agricultural factors, climactic factors, and religious factors. Agricultural changes include less land to farm, moving away from rural farming communities to urban areas. Climactic factors include changes in where crops can grow successfully due to changes in rainfall and lengths of seasons. Religious factors impact what types of food are permissible for consumption.

Resources:

- Web Site (1) – http://www.fao.org/ag/agn/nutrition/urban_globalization_en.stm– this website, sponsored by the Food and Agriculture Organizations of the United Nations, offers information on globalization of food systems and the impact on both security and nutrition.


- Web Site (3) – JN.org- this website, sponsored by the American Society for Nutrition, offers online access to the Journal of Nutrition. The site includes current research on nutrition and diversity in food choices.


- Article, Essay, or Book (1) – Can the African-American Diet be Made Healthier Without Giving up Culture.
  This article addressed the issue of the negative effects of the traditional African-American diet. It sought to find ways to translate perception and recipes founded in historical preferences to accommodate more health conscious dietary choices.


**Tools:**

- Computer nutrient-calculation software. http://recipes.sparkpeople.com/recipe-calculator.asp - This online tool helps consumers to assess the dietary quality of their present recipes and suggests options to make said recipes healthier.

Personal Dietary Assessment
Anita L. Cain
Kaplan University
In comparing my diet to the 2010 Dietary Guidelines, I have found that I am consistently on target with the newest standards. I have followed a primarily vegetarian diet for more than five years. As a vegetarian, I eat a more than ample supply of nutrient dense fruits and vegetables. By eating alternative protein sources, I have greatly reduced my intake of saturated fats in my diet. I have systematically eliminated foods containing trans- fats and high fructose corn syrup from my grocery purchases. Because I have been diagnosed as hypertensive, I watch the amount of sodium in the few processed foods I do consume. Overall, I am pleased with where my personal dietary guidelines align with the current standards for nutrition.

The major influences on my food choices and physical activity are my personal commitment to healthy eating and exercise. I have lost and sustained a substantial weight reduction, and have recently decided to push toward the next healthy weight marker. I have been doing extremely well with both diet and exercise this year after two foot surgeries in 2011, bringing the total to five since 2006.

Earlier this week, I sustained a serious injury to my surgically reconstructed foot that required a cortisone injection and confines me to a surgical shoe for two weeks. I am fully aware of the delicate balance of calories in versus calories out, particularly when one is physically immobile. During this time of forced inactivity, I am hyper-conscious of limiting empty calories and making each and every morsel count. Additionally, the foods that I am consuming in large quantities are those that will support my body in healing well and quickly so I can be back on track once the doctor releases me to resume normal activities.

The improvements that could be made in the 2015 Dietary Guidelines to help consumers overcome barriers to choosing healthy foods and engaging in regular physical activity would include adding upper limits to soft drink consumption as this is a tricky area to gauge in moderation. Another improvement would be stressing the
reduction of refined carbohydrates for everyone, not simply those who are sedentary. A final improvement would be to adequately define what is considered a sedentary lifestyle. People can perceive themselves to be active when they do not have an accurate health marker to use as a comparative tool.
### Physical Activity Report

View your weekly physical activities and compare to the Physical Activity Guidelines for Americans.

| View Report for the week of: | 07/08/12 |

nitabug's Physical Activity Report for Week of 07/08/12 - 07/14/12

#### Weekly Aerobic Activity

<table>
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<th>Date</th>
<th>Duration</th>
<th>Activity</th>
<th>Intensity</th>
<th>Estimated Calories Burned</th>
<th>Activity Counts Toward Weekly Goal</th>
<th>Muscle Strengthening</th>
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#### Muscle Strengthening Activity

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<th>Duration</th>
<th>Activity</th>
<th>Intensity</th>
<th>Estimated Calories Burned</th>
<th>Activity Counts Toward Weekly Goal</th>
<th>Muscle Strengthening</th>
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Being traditionally agrarian societies, it would come as no surprise that to find that the Amish diet has been farm-based with many growing their own crops for food. However, the diet of an Amish community is reflective of the area where the family resides. Shengberger states, “because of the scarcity of land and hazards of horse-and-buggy travel, many Amish are leaving their farms, and gardens are becoming smaller” (pg 1).

Most Amish-fare is scratch prepared, including bologna, preserved fruits and vegetables and canned meat, yet many do rely on prepared foods as well. In rural areas, some families own cows for their fresh dairy provision while those in urban areas must rely on supermarkets to fulfill this need.

Shengberger’s research indicates that a typical Amish breakfast includes cornmeal mush, eggs, cooked cereal, fruit and juice. A main meal may consist of noodles, macaroni or potatoes; fried meat; and canned vegetables, while lighter meals may consist of soups, cheeses or bologna, and fruit (pgs. 1-2).
Reference

References


World Hunger Education Service. (2012). Hunger Notes: Why are People Hungry?