

Healthy Eating Pattern (1200 calories)

- Breakfast: $\frac{1}{4}$ cup granola, $\frac{1}{2}$ cup low-fat milk, $\frac{1}{2}$ cup sliced berries
- Morning snack: $\frac{1}{2}$ cup vegetables, 3 Tbsp hummus, water
- Lunch: 1 southwest taco with 1 corn tortilla and $\frac{1}{4}$ cup beans and sweet potatoes; $\frac{1}{2}$ orange; $\frac{1}{2}$ low-fat milk
- Afternoon snack: $1\frac{1}{2}$ cup popcorn snack, water
- Dinner: $\frac{1}{2}$ cup brown rice, $\frac{1}{2}$ cup tasty turkey with peppers, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup parfait
- Bedtime: $\frac{1}{2}$ pumpkin atole

Evening/ Noche

Morning/ Mañana



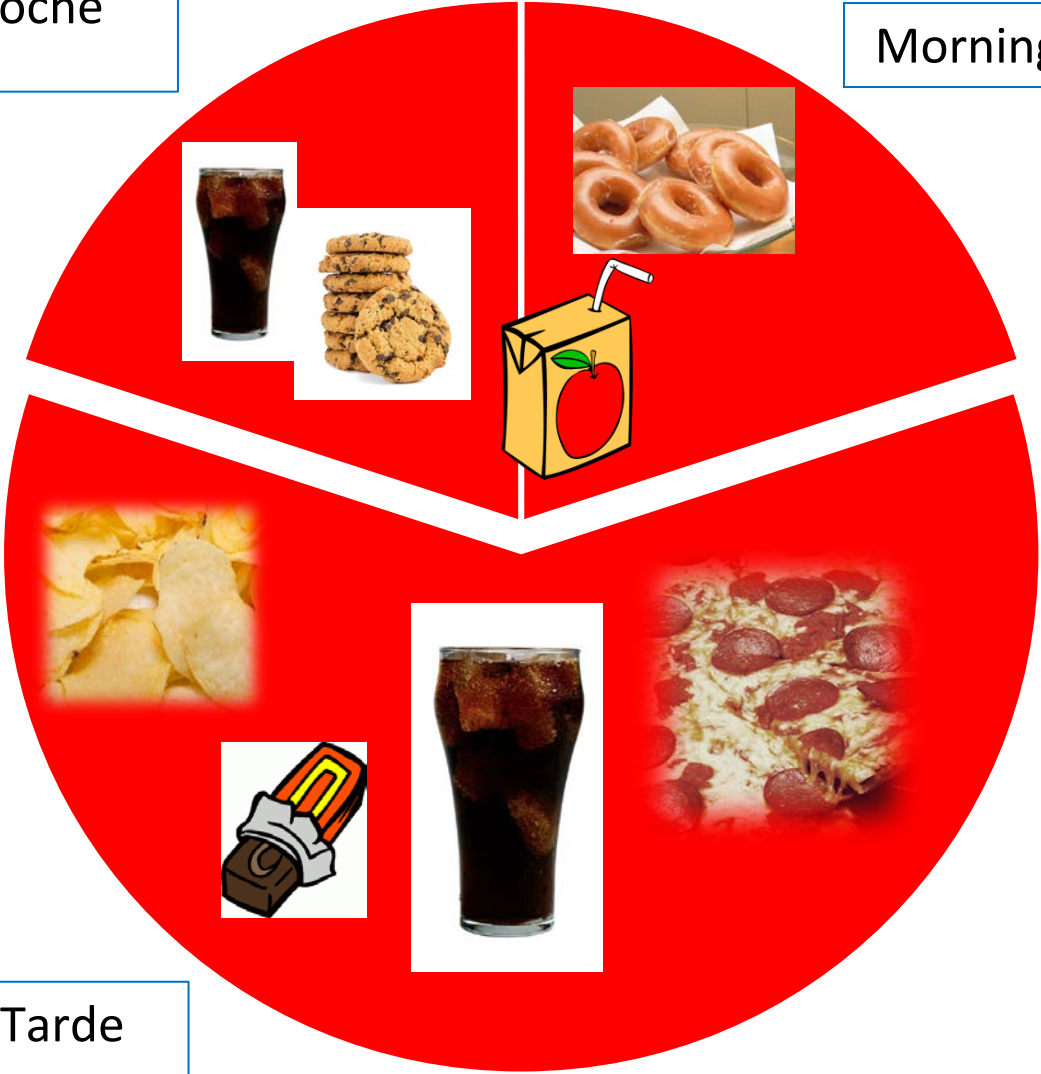
Afternoon/ Tarde

Unhealthy Eating Pattern (1232 calories)

- Breakfast: 1 donut, 3 oz fruit drink
- Morning snack: 3 oz fruit drink
- Lunch: 1 slice pepperoni pizza, 4 oz soda
- Afternoon snack: candy bar, bag of chips, 4 oz soda
- Dinner: 4 oz soda
- Evening snack: 3 chocolate cookies, 4 oz soda

Evening /Noche

Morning/Mañana



Afternoon/Tarde