***Please submit meal Planning for Lipids Assignment here.***

Respond to the following questions in complete sentences and paragraphs. This section should be at least 200 words.

* What is the AMDR for fat in the diet?
* What was your perception of dietary fat before reading this week’s resources?
* How has your perception changed?

Below is a sample one-day menu for Mrs. Smith. Her doctor just told her she is at risk for developing heart disease since her cholesterol is a little high. The doctor has asked her to meet with a registered dietitian to learn more about heart-healthy fats to include and which unhealthy fats to avoid. She hopes to meet with a dietitian next week, but in the meantime, she needs help making these changes.

List five suggestions for Mrs. Smith’s diet. Provide only changes that address the goals with her meal planning as mentioned above. Tell her which food she should omit and with what you would replace it. You may also change portion sizes. Highlight (yellow only please) or bold the item you are changing and then write the change next to that. You may make more than five changes, but if you do, you will only receive full credit when all changes correctly match the assigned directions.

**Breakfast**
8 oz. whole milk
8 oz. orange juice
2 fried eggs (fried in butter)
2 slices sourdough toast with 1 tablespoon butter

**Snack**
1/2 peanut butter and jelly sandwich: 1 slice white bread, 1 tablespoon Skippy peanut butter, 1 tablespoon grape jelly

**Lunch**
8 oz. cream of tomato soup
1 oz. potato chips
1 sandwich: 2 oz. turkey, 1 oz. salami, 2 slices white bread, 1 tablespoon mayonnaise
8 oz. grape juice

**Snack**
6 oz. fruited yogurt, sweetened, whole milk

**Dinner**
5 oz. dark meat chicken, fried
1 medium baked potato with 1 tablespoon butter, 1 tablespoon sour cream, and 1 tablespoon bacon, chopped
1/2 cup cooked broccoli with 1 tablespoon butter
8 oz. cola
4 oz. whole milk

**Snack**
1/2 cup chocolate ice cream