

Grocery store report



Grocery Report In general, frozen or refrigerated foods are located along the edge of the store. Fresh fruits, vegetables and frozen products such as meat, poultry products, and processed frozen foods can be found along the edge of the store. Ice cream products can also be found in the area. Examples of the foods on sale include Mott's apple juice (\$3. 29-\$2. 99), Light Silk soymilk (\$3. 19-\$2. 79), Hormel ham (\$1. 50-\$1. 39), Nabisco cream of wheat enriched farina (\$4. 79-\$4. 40). There are also a lot of foods that label themselves as healthy such as Hellman's low fat mayonnaise, Quaker Chewy Low fat peanut butter granola bar and Parmalat Lil milk 2% low fat milk.

Nutritionally Adequate Diet The menu for breakfast is just oats and fruits and hot cocoa mix. The oats is fiber food good for detoxicating body. Another requirement for good and proper diet is fruits. I choose cocoa milk for drinks because it is healthier than that of a coffee. The following are the preferred food choices for breakfast good for two weeks: Quaker crunchy oatmeal squares with brown sugar cereal 16oz: \$4. 95 x 2 = \$9. 90 Del Monte Peach halves in heavy syrup 15. 25oz: \$2. 15 x 2 = \$4. 30 Del Monte Pear halves in 100% pure juice 15oz: \$2. 22 x 2 = \$4. 44 Del Monte Pineapple tidbits in 100% pure juice 4pk: \$3. 09 x 2 = \$6. 18 Nestle chocolate caramel hot cocoa mix 8pk: \$1. 99 x 2 = \$3. 98 Total: \$28. 8 Lunch and dinner will be prepared with rice meal and a choice between water and soda. I believe it is bad if we deprive ourselves with soft drinks. A happy meal is a healthy meal. It would not hurt us if we include soda in our menu. Our meal will be choice of protein foods chicken breast, pork chops, and roast beef. Our body needs a complete meal. The carbohydrates and proteins are provided by meat and rice.

Uncooked roast beef (per Lb): \$4. 40 x 2 = \$8. 80 Chicken breasts (per Lb): \$2. 35 x 2 = \$4. 70 Pork chops (per Lb): \$3. 47 x 2 = \$6. 94 Carolina

enriched rice long grain (5Lbs): $\$5.09 \times 2 = \10.18 Deer park Natural spring water 6pk (.5L): $\$2.99 \times 2 = \5.98 Diet Pepsi 6pk (16oz): $\$4.99 \times 1 = \4.99 Total: $\$41.59$ Total of breakfast, lunch and dinner for 2 weeks: $\$70.39$

Organic Diet Organic diet is a lifestyle change that promotes good health and long life. The menu will be constituted by natural and organic food that will provide nutrition that our body needs. For my organic diet, breakfast will be lots of organic fruits of choice, low fat cheese, a whole grain bread and healthy juice. Organic pineapple (per kilo): $\$0.90 \times 2 = \1.80 Organic avocado (per kilo): $\$1.30 \times 2 = \2.60 Organic mango (per kilo): $\$1.70 \times 2 = \3.40 Low fat cottage cheese: $\$4.00 \times 1 = \4.00 Whole grain plain pre-sliced 6pk: $\$3.99 \times 1 = \3.99 Mott's apple juice: $\$2.99 \times 2 = \5.98 Total (breakfast): $\$20.77$ Our lunch will be fresh vegetables salad with lettuce, cauliflower, and tomato paired with a choice of meat: chicken chunks, sausage, beef stew, roast beef or luncheon meat. Even if we wanted to be just purely organic, our body still needs protein to supply energy. The essence of organic diet is to minimize the intake of processed foods.

Uncooked roast beef (per Lb): $\$4.40 \times 1 = \4.40 Chicken breasts (per Lb): $\$2.35 \times 2 = \4.70 Pork chops (per Lb): $\$3.47 \times 1 = \3.47 Lettuce (per kilo): $\$1.10 \times 2 = \2.20 Cauliflower (per kilo): $\$1.24 \times 1 = \1.24 Tomatoes (per kilo): $\$1.00 \times 2 = \2.00 Kraft Fat free Italian salad dressing 16oz: $\$3.59 \times 1 = \3.59 Ken's steak house ranch salad dressing: 16oz: $\$3.39 \times 1 = \3.39 Deer park Natural spring water 6pk (.5L): $\$2.99 \times 2 = \5.98 Total (lunch): $\$30.97$ Our dinner for two weeks will be pasta. The pasta is wheat noodle and a choice of sauces from Alfredo sauce, Marinara sauce, and natural meat pasta. Pasta will supply us carbohydrates for the day which is essential to our body. Ronzoni healthy harvest wide noodle whole wheat: $\$2.$

19 x 3 = \$ 6. 57 Classico sun dried tomato Alfredo pasta sauce 15oz: \$3. 48
x 1 = \$ 3. 48 Prego 100% Marinara pasta sauce 23oz: \$3. 71 x 1 = \$ 3. 71
Prego natural flavoured meat pasta 45oz: \$4. 59 x 1 = \$ 4. 59 Apple and Eve
Apple juice: \$3. 39 x 1 = \$ 3. 39 Total (dinner): \$21. 74 Total (breakfast,
lunch, dinner):\$ 73. 48 I believe that social class can really affect a person's
health. Once you are limited to a specific budget, you will surely prefer to
have a much cheaper food choices that can sustain your daily needs and you
can eat three times a day. A student with a \$60 to \$75 dollars budget per
week can be limited to certain food choices. Given the money I have, I
cannot buy all those foods that can give me the best proper nutrition. I can
only buy food within my budget even if this means less nutrition or less
adequate diet for me. But those people with much money can buy any food
that their own dietician advised them to eat. Sometimes, when you have less
money, you only think how to budget your money to foods that can sustain
you throughout the day. Those less fortunate prefers cheaper foods and less
nutritious foods that can feed them three times a day. Thus social class can
really affect health and nutrition and those who have more money maybe in
better health than those who are less fortunate.