

The Food I Eat

My favorite food is macaroni and cheese. I really like pasta and bread. I try to eat whole grain bread and pasta, but I still eat too many carbohydrates. I eat a lot of cheese. Cheese provides calcium but it also has a lot of fat. I eat a lot of fiber because I love fresh fruit. I do not eat a lot of protein or iron because I do not like meat. I try to eat vegetables like spinach for iron. I eat eggs for protein. I don't like French Fries but I love pizza, so I probably eat too much sodium. I need to eat more fish, and I would like to try more fresh vegetables to make sure that I eat enough vitamins.

What about you?

- What are your favorite foods?
- What nutrients do you eat a lot of?
- What nutrients don't you eat?
- What new foods would you like to try?

