Menu Evaluation: Sam's Daily Menu

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Breakfast:
Frosted cereal
Milk
Lunch:
Soda pop
French fries
Chicken fingers
Chocolate brownie
Supper:
Potatoes
Steak
Mixed vegetables
Pudding
Snack:
Potato chips
Soda pop
Look at Sam's menu for the day.
a. Is this a healthy diet?
b. If not, what changes would you recommend? Explain
your thinking.