

FOOD DIARIES FROM AROUND THE WORLD

DIET OF A TEENAGER FROM INDIA

BREAKFAST	Hot tea	
EARLY LUNCH	Khichri --- rice with dahl, salt turmeric and fat	
	Khadi --- soup made from buttermilk	
TEA BREAK	Tea, puffed rice, banana	
DINNER	Bajra roti --- fat cake made from cereal or millet flour	
	Dehydrated vegetable	
	Lentils with spices	
APPROXIMATE ANALYSIS:		1,600 Calories 30 Grams of Protein

MALAYSIAN TEENAGER DIET

BREAKFAST	eggs, Bread, Butter & Jam, Hot beverage, Milk
MORNING SNACK	Savoury Pie, Biscuit
LUNCH	Rice, Meat, Vegetables
AFTERNOON SNACK	Fruit
DINNER	Rice, Fish or Meat, Vegetables, Soup
EVENING SNACK	Fruit or Noodles
APPROXIMATE ANALYSIS:	2,100 Calories 75 Grams of Protein

DIET OF A TEENAGER FROM UGANDA

BREAKFAST	Plantain	
SNACK	Plantain, Mango	
DINNER	Plantain, Ground peanuts, Sun-dried termites	
APPROXIMATE ANALYSIS:		1,200 Calories 20 Grams of Protein

DIET OF A TEENAGER FROM CHICAGO

BREAKFAST	1 cup of milk 2 slices of white bread	
LUNCH	1 small bowl of canned chicken noodle soup 1 bag of potato chips 1 soda	
DINNER	1 hot dog with white bread 1 soda 1 cookie	
APPROXIMATE ANALYSIS:		1,000 Calories 27 Grams of Protein

Source: The World Food Day Packet distributed by the National Committee for World Food Day. (See Resource Guide to order.)

At first I could still function.

People might not even know I am hungry all the time.

My stomach would growl.

I would feel impatient and grouchy.

All I would think about is FOOD.

I would start to lose weight.

Friends would be bigger and more active than me.

I would feel embarrassed because I can't keep up.

I would run out of energy easily.

I would be tired all the time.

My grades would suffer.

I would have difficulty concentrating and staying awake in class.

It would be hard doing simple things such as walking up a flight of stairs, carrying books, opening heavy doors.

I would feel very frightened.

My body would be using protein for energy instead of to repair damaged tissues, muscles and organs.

My eyesight would deteriorate.

I would feel ashamed at my appearance and at having to beg for food.

I would have to stop going to school.

I would feel powerless.

There is no future for me.

If I caught a cold or the flu

I might not be able to fight it.

People would say I died of an illness but I would

really have

died

of

malnutrition.