

Shop for Value, Check the Facts

Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12 g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 0mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

- 1. Start here.** In this label, one serving equals one cup. If you ate the whole package you would eat two cups or two servings. That would double the calories and other nutrients.
- 2. Check calories.** This part of the Nutrition Facts tells us how many calories are in one serving of this food and how many of those calories come from fat.
- 3. Limit these nutrients.** Eating too much fat, cholesterol, or sodium may increase your risk of certain chronic diseases such as heart disease and hypertension.
- 4. Get enough of these nutrients.** Eating enough of these nutrients can improve your overall health.
- 5. What is Daily Value?** The Daily Value used on the Nutrition Label shows how much of the nutrient is in one serving. It is based on a 2,000 calorie per day diet for healthy adults. The percentage on the Nutrition Label shows what percentage of the body's daily need for that nutrient is met in one serving of the food.

Quick guide to % DV. If the Daily Value is **5% or less**, that means the food is **low** in that nutrient. If the value is **20% or more** then the food is a **high** source of that nutrient.
- 6. Footnote.** This guide shows recommendations for a 2,000 calorie diet and a 2,500 calorie diet. This guide or footnote will always be the same and shows us important recommendations for eating smart such as, the recommended limit for sodium in our diet and the recommended amount of dietary fiber we need each day. It doesn't change from product to product because it shows recommended dietary advice for all adults—it is not about a specific food product.


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Easy Lasagna

Makes 6 servings | Serving Size: 1/6 recipe

 **Look for Local:** Keep a small pot with parsley, basil, or cilantro in a windowsill so you can have fresh herbs all year round.

Nutrition information

Per Serving

370 calories	
Total Fat	11 g
Saturated Fat	6 g
Protein	32 g
Total Carbohydrate	35 g
Dietary Fiber	2 g
Sodium	530 mg

 Excellent Source of Vitamin C

 Excellent Source of Calcium

 Excellent Source of Iron

 Good Source of Vitamin A

Ingredients

- Non-stick cooking spray
- 1/2 pound lean or extra-lean ground beef or ground turkey
- 1 (14.5 ounce) can unsalted diced tomatoes, not drained
- 1 1/4 cup water
- 1/2 teaspoon parsley
- 1/2 teaspoon oregano
- 1 tablespoon Italian seasoning
- 8 ounces egg noodles, uncooked (try whole grain)
- 12 ounces fat-free or low-fat cottage cheese
- 2 cups reduced-fat mozzarella cheese, shredded and divided

Directions

1. Spray skillet with non-stick cooking spray.
2. Brown ground meat. Drain and return to skillet.
3. Stir in diced tomatoes, water, parsley, oregano and Italian seasoning. Bring to a boil.
4. Add uncooked pasta. Cover and cook on medium heat for 15 minutes.
5. Stir in cottage cheese. Cover and cook for 5 minutes.
6. Stir in 1 1/2 cups of mozzarella cheese. Sprinkle the remaining cheese on top.
7. Cover and remove from heat. Let stand for 5 minutes to melt cheese. Be sure to use a thermometer to check that the temperature has reached 160°F for ground beef or 165°F for ground turkey.

160°F

165°F



Park and Walk

This week, take every chance to park in the back of the parking lot and walk. Or park a couple of blocks away and take a short walk to get where you need to go. Walking is a great way to move more. For every 20 minutes of walking at a brisk pace, you burn 106 calories.