

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

Ideas For Eating Better For Less

Read Food Labels So You Can Make Better Food Choices.

The “Nutrition Facts” label contains important information about canned/packaged foods:

- Number of servings and serving size
- Calories per serving
- Calories from fat
- Description of fat content
- Amounts of cholesterol, sodium, carbohydrate and protein
- Amounts of Vitamin A & C, calcium and iron

Nutrition Facts

Serving Size: 2 ounces

Amount Per Serving

Calories 120 Calories from Fat 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 140mg 6%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 15g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • 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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Turkey Mac Dinner Serves 4

1 box of macaroni and cheese mix (5 1/2 ounces)

1/2 pound ground turkey or other ground meat

2 tablespoons dried onion

1 can (16 ounces) tomatoes, drained

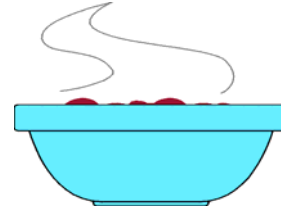


1. Cook macaroni and cheese as directed on package.
2. Brown meat, add onions and cook until onions are tender.
3. Combine meat mixture and tomatoes to the macaroni and cheese.
4. Heat on medium until heated through.

NUTRITION FACTS (per serving) - Calories 200 ~ fat 9 g ~ calories from fat 80 ~ sodium 340 mg ~ total carbohydrate 15 g ~ fiber 2 g

Company Beans and Rice Serves 6

- 2 8-ounce cans pork and beans
- 1 15-ounce can whole kernel corn, drained
- 2 cups cooked brown rice
- 1/2 cup barbecue sauce

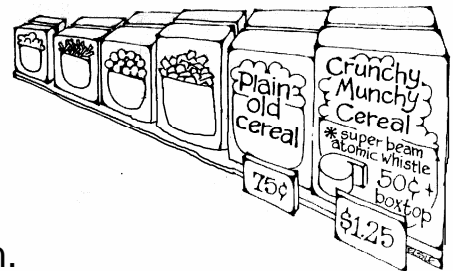


1. Combine all ingredients in large pan.
2. On medium heat, bring to a simmer and serve.

NUTRITION FACTS (per serving) - Calories 260 ~ fat 4 g ~ calories from fat 35 ~ sodium 750 mg ~ total carbohydrate 47 g ~ fiber 6 g

Use “Nutrition Facts” labels for choosing foods. “Nutrition Facts” labels are helpful so you can:

1. check the amount of some nutrients in foods. Example, you may want to know how much calcium is in one serving.
2. compare the nutrient content of one food item with another.
3. decide how much food to prepare and eat.
4. compare nutrient contents of different foods so you can decide which is the best food bargain.



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FAMILY NUTRITION PROGRAM
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University of Illinois * United States Department of Agriculture
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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.