

Shop for Value, Check the Facts

Nutrition Facts	
2 servings per container	
Serving size	1 cup (228g)
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Start here. For 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 Label tells us how many calories are in one serving of this food.

3. Nutrients

- **Nutrients to get less of:** Saturated fat, transfat, cholesterol, sodium, and added sugars. Eating too much of these nutrients may increase your risk of certain chronic diseases.

- **Nutrients to get more of:** Dietary fiber, vitamin D, calcium, iron, and potassium. Eating enough of these nutrients can improve your overall health.


4. What is Daily Value? The Daily Value used on the Nutrition Facts 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 Facts Label shows what percentage of the body's daily need for that nutrient is met by eating 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 **good source** of that nutrient.



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.

 **Hint:** Try adding diced vegetables to this recipe such as broccoli, carrots, and onion to boost the veggies in your meal.

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 dried parsley
- 1/2 teaspoon dried 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.



Start a Walking Routine

This week, take every chance to park in the back of the parking lot or a couple of blocks away get an added short walk wherever you go. Walking is a great way to move more. For every 20 minutes of walking at a brisk pace, the average person burns 106 calories.

When you can't walk outside, try these workouts with *Walk at Home* by Leslie Sansone: www.youtube.com/channel/UCVI6ZdsIZz2Zj-34bMJFPbg