

Health & Nutrition Toolkit



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- Chicken and Veggie Quesadilla
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Meal Planning Guide:

Pick an option from each category to build a balanced meal

Protein	Vegetable(s)	Grain/Starch	Sauce	Meal Ideas	Specific Recipe
Chicken	Asparagus	Quinoa	Hot sauce	Taco bar	
Steak	Broccoli	Sweet potatoes	Ranch	Salad bar	
Ground beef	Brussel sprouts	White potatoes	Honey mustard	Pasta bar	
Turkey	Carrots	Rice	Barbeque	Fajitas	
Ground Turkey	Cauliflower	Pasta	Chipotle	Soup/stew	
Sausage	Green beans	Barley	Avocado ranch	Casserole	
White Fish	Kale	Bulgur	Guacamole	Lettuce wraps	
Shrimp	Lettuce	Couscous	Salsa	Stuffed peppers	
Scallops	Mushrooms	Farro	Marinara	Stir fry	
Tuna (steaks)	Onions	Corn	Garlic butter	Burrito bowl	
Salmon	Peppers	Peas	Lemon herb	Spaghetti (squash) and meatballs	
Pork chop	Spinach	Bread		Sheet pan recipe	
Pulled Pork	Squash (butter nut, acron, yellow)	Tortillas/tortilla chips		Crockpot recipe	
Beans/lentils	Spaghetti squash	Beans/lentils		Curry	
Chickpeas	Tomatoes				
Edamame	Zucchini				



Nutrition Facts Label Cheat Sheet

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	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 Serving Size

This will tell you **how much** of the food contains all the nutrient amounts listed. It's usually expressed in a count, volume, or weight. Above it is how many servings are in the entire package.

2 Calories

This is how many calories are in **one serving**. The calories come from the total carbohydrate, fat, and protein in one serving of the item.

3 Fat and Sodium

The items in yellow are important indicators for heart health. Try aiming for values **less than 20%** under the "% Daily Value" column (5-15% is preferable). Here you can also see types of fat.

4 Carbohydrates

Fiber and sugar will contribute to the total carbohydrate. Foods with fiber **greater than 20%** of the % Daily Value are high sources. The new label also shows how much sugar is **added**.

5 Protein

Protein in foods varies greatly depending on composition and processing. Protein does not have a % Daily Value listed to the right because **individual needs** vary greatly.

6 Micronutrients

The nutrition facts label recently changed to reflect micronutrients (vitamins & minerals) that research shows the population may lack. Most adults require the same amount of these.





Tips for Making Healthy Food Choices While Shopping

Healthy eating starts at the grocery store, so it's important to make nutritious choices. Here are some tips to help you shop smart.

Use the **Nutrition Facts label** to compare foods and find what's right for you. Choose items higher in dietary fiber, vitamins, and minerals, and lower in saturated fat, *trans* fat, sodium, and added sugars.

- **Check the serving size** when comparing calories and nutrients in different food products. The nutrition information listed on the Nutrition Facts label is based on the serving size listed on the label, which is usually one serving. Some containers have two columns with one column listing the nutrition information per serving and the other column listing the nutrition information for the entire package.
- Balance calories in and out. A total intake of 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, and physical activity level. You can find your personal daily calorie needs at <https://www.fda.gov/downloads/Food/LabelingNutrition/UCM606203.pdf>.
- Look at the **%DV** to choose products that are higher in nutrients you want to get more of—like dietary fiber, vitamin D, calcium, iron, and potassium—and lower in nutrients you want to get less of—like saturated fat, *trans* fat, sodium, and added sugars.
- Eat before you shop. Grocery shopping hungry can lead to impulse buying and unhealthy food choices.
- Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive.
- Try canned or frozen fruits and vegetables. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice without added sugars and vegetables with “low sodium” or “no salt added” on the label. For frozen items, look for vegetables without sauce or seasoning, which can contain added sodium.

