

# Recipe and Meal Nutrient Analysis (Supplement)

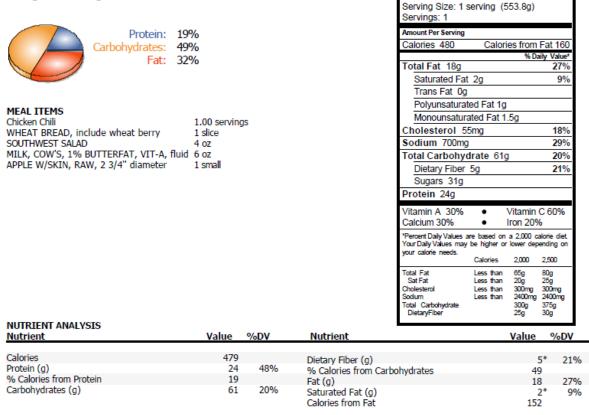
### **Good Food Company**

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### 1. Chicken Chili Meal

#### Chicken Chili Meal

Meal grams: 553.8g/19.5oz



Nutrition Facts

# Chicken Chili Recipe - Nutrition Label

Nutrition F	acts		
Serving Size:1 s	erving (9	7.7g)	
Servings:1			
Amount Per Serving			
Calories 80	Calo	ries fror	n Fat 25
		% D	ally Value*
Total Fat 3g			4%
Saturated Fat	0.5g		3%
Trans Fat 0g			
Polyunsaturat	ed Fat 0.5	5g	
Monounsatura			
Cholesterol 4		-	15%
Sodium 240mg	-		10%
Total Carbohyo			1%
Dietary Fiber		1a	3%
Sugars 2g			
Protein 11g			
Vitamin A 6%	•	Vitamir	
Calcium 2%	•	Iron 69	6
"Percent Dally Values a			
Your Dally Values may your calorie needs.	be higher or	lower dep	ending on
jour calorie necos.	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat Cholesterol	Less than	20g	25g
Sodium	Less than	300mg 2400mg	2400mg
Total Carbohydrate	Sever shall	300g	375g
DietaryFiber		25g	30g

Ingredients: CHICKEN THIGH, TOMATO, ONION, TOMATO SAUCE, CHILI POWDER, CHICKEN BASE, GARLIC, FLOUR, GARLIC POWDER, CORIANDER LEAF, PEPPER.

# 2. Chicken Patty Meal

#### Chicken Patty Meal

Meal grams: 505.1g/17.8oz

			Serving Size: 1 serving (505.1g) Servings: 1
Protein: 319	%		Amount Per Serving
Carbohydrates: 539	%		Calories 390 Calories from Fat 60
Fat: 16			% Dally Value*
			Total Fat 7g 11%
			Saturated Fat 2.5g 11%
			Trans Fat Og
MEAL ITEMS			Polyunsaturated Fat 1.5g
Chicken Patty	1.00 servings		Monounsaturated Fat 2g
Tuscan Bean Soup	1.00 servings		Cholesterol 75mg 25%
WHEAT BREAD, include wheat berry	1 slice		Sodium 970mg 40%
APPLE W/O SKIN, RAW, 2 3/4" diameter	1 small		Total Carbohydrate 51g 17%
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz		Dietary Fiber 8g 32%
			Sugars 24g
			Protein 30g
			Vitamin A 10% • Vitamin C 15% Calcium 30% • Iron 15%
			*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           SatFat         Less than         20g         25g           Cholesterol         Less than         300mg         300mg           Sodlum         Less than         2400mg         2400mg           Total         Cambrinydrate         300g         375g           DietaryFiber         25g         30g
NUTRIENT ANALYSIS			
Nutrient	Value %DV	Nutrient	Value %DV
Calories	387	Dietary Fiber (g)	8* 32%
Protein (g)	30* 59%	% Calories from Carb	
% Calories from Protein	31	Fat (g)	7* 11%
Carbohydrates (g)	51 17%	Saturated Fat (g) Calories from Fat	2* 11% 63

**Nutrition Facts** 

# Chicken Patty Recipe – Nutrition Label

Nutrition	Facts		
Serving Size:1 s	erving (8	1.9a)	
Servings:1			
Amount Per Serving	Cala		- E-+ 00
Calories 100	Calo		n Fat 30
Total Fat 3g		% D	ally Value* 5%
Saturated Fat	10		4%
Trans Fat Og	-		-7/0
		69	
Polyunsatura			
Monounsatur		g	
Cholesterol 6	5mg		22%
Sodium 300mg	1		12%
Total Carbohy	drate les	s than 1	g 0%
Dietary Fiber	0g		1%
Sugars Og	-		
Protein 16g			
Vitamin A 2%		Vitamir	n C 0%
Calcium 2%		Iron 69	
"Percent Dally Values : Your Dally Values may your calorle needs.	be higher or	lower dep	ending on
and the second	Calories	2,000	2,500
Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g
Cholesterol	Less than		20g 300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate DietaryFiber		300g 25g	375g 30g

Ingredients: CHICKEN THIGH, SAGE, SALT, CORN FLAKES, PEPPER.

# Tuscan Bean Soup Recipe – Nutrition Label

Nutrition F	acts		
Serving Size:1 s Servings:1	erving (9	6.1g)	
Amount Per Serving	Cala	ine fre	- Eat 10
Calories 90	Calo		m Fat 10
Total Fat 1g		76 L	ally Value* 2%
	0.0		1%
Saturated Fat	Ug		170
Trans Fat Og			
Polyunsaturat			
Monounsatura		.5g	
Cholesterol 0	mg		0%
Sodium 470mg			20%
Total Carbohyo	drate 13g	1	4%
Dietary Fiber	5g		20%
Sugars Og			
Protein 5g			
	A11152		
Vitamin A 2%	<b>∴</b> ∎∴		n C 4%
Calcium 2%	. • · ·	Iron 69	6
"Percent Dally Values a Your Dally Values may your calorie needs.	are based on be higher or	a 2,000 c lower de;	alorie diet. pending on
	Calories	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate DietaryFiber	Less than Less than Less than Less than	65g 20g 300mg 2400mg 300g 25g	80g 25g 300mg 2400mg 375g 30g

Ingredients: GREAT NORTHERN BEAN, VEGETABLE BASE, RED PEPPER, OLIVE OIL, GARLIC.

# 3. Chicken Tarragon with Whole Wheat Rottini Meal

Nutrition Facts

#### Chicken Tarragon with Whole Wheat Rottini Meal

Meal grams: 682.4g/24.1oz

				Serving Size: 1 serving (68) Servings: 1	2.4g)
Protein: 21	%			Amount Per Serving	
Carbohydrates: 65	%			Calories 420 Calorie	es from Fat 60
Fat: 13					% Dally Value*
				Total Fat 7g	10%
				Saturated Fat 1.5g	8%
				Trans Fat Og	
MEAL ITEMS				Polyunsaturated Fat 1g	
chicken tarragon with whole wheat rottini			1.00 servings	Monounsaturated Fat 1g	
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid			6 oz	Cholesterol 45mg	15%
APPLE W/O SKIN, RAW, 2 3/4" diameter			1 small	Sodium 520mg	22%
BROCCOLI & CHEESE SALAD, Steamfresh M			1 cup	Total Carbohydrate 71g	24%
ORANGE, ALL VARIETIES, RAW, all commerce	ial varieties (	2 3/8" diamete	r) 1 small	Dietary Fiber 10g	41%
				Sugars 39g	
				Protein 23g	
					amin C 150% n 15%
				"Percent Daily Values are based on a Your Daily Values may be higher or lo your calorie needs. Calories	
					65g 80g
					20g 25g 300mg 300mg
				Sodium Less than	2400mg 2400mg
					300g 375g 25g 30g
NUTRIENT ANALYSIS					
Nutrient	Value	%DV	Nutrient	V	alue %DV
Calories	423		Dietary Fiber (g)		10* 41%
Protein (g)	23	47%	% Calories from Carb	pohydrates	65
% Calories from Protein	21		Fat (g)	,	7 10%
Carbohydrates (g)	71	24%			

### Chicken Tarragon with whole Wheat Rottini Recipe – Nutrition Label

Nutrition F	acts		
Serving Size:1 se	erving (1	89 3a)	
Servings:1	aring (i	g)	
Amount Per Serving	0.1		5 1 10
Calories 210	Calo		m Fat 40
Total Fat 4 Fa		% [	Daily Value*
Total Fat 4.5g			7%
Saturated Fat	0g		2%
Trans Fat Og			
Polyunsaturate	ed Fat 1g		
Monounsatura	ted Fat 0	.5g	
Cholesterol 35	img		12%
Sodium 420mg			17%
Total Carbohyd	rate 31g	1	10%
Dietary Fiber	4g		17%
Sugars 5g			
Protein 16g			
Vitamin A 130%	• V	itamin (	C 10%
Calcium 8%	• In	on 15%	
"Percent Dally Values a Your Dally Values may I your calorie needs.	be higher or	lower de	pending on
	Calories	2,000	2,500
Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g
Cholesterol	Less than	300ma	300mg
Sodium Total Carbohydrate	Less than		2400mg
DietaryFiber		300g 25g	

Ingredients: CHICKEN THIGH, ONION, CARROT, ROTINI MULTIGRAIN PASTA, MUSHROOM, COW'S MILK, CHICKEN BASE, FLOUR.

# 4. Dirty rice with Beef Vegetables Quinoa & Farrow Meal

Dirty Rice with Beef Vegetab Meal grams: 472.7g/16.7oz	les Quinoa & I	Farrow	Nutrition Facts Serving Size: 1 serving (472.7g) Servings: 1
Protein: 13% Carbohydrates: 44% Fat: 43%			Amount Per Serving Calories 480 Calories from Fat 210 % Dally Value* Total Fat 23g 36% Saturated Fat 7g 36% Trans Fat 0.5g Polyunsaturated Fat 0.5g
ORANGE, ALL VARIETIES, RAW, all commercial MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid Dirty Rice with beef, vegetables, quinoa & farrov Apple Coleslaw, reg		ter) 1 small 6 oz 1.00 servings 1 serving	Monounsaturated Fat 5g       Cholesterol 40mg     14%       Sodium 640mg     27%       Total Carbohydrate 54g     18%       Dietary Fiber 6g     25%       Sugars 26g       Protein 16g
			Vitamin A 30% Vitamin C 110% Calcium 30% Iron 10%  *Percent Daty Values are based on a 2,000 calorle diel. Your Daty Values may be higher or lower depending on your calore needs. Calorles 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 300mg 375g
NUTRIENT ANALYSIS Nutrient	Value %DV	Nutrient	DietaryFiber 25g 30g Value %DV
Calories Protein (g) % Calories from Protein Carbohydrates (g)	484 16* 32% 13 54* 18%	Dietary Fiber (g) % Calories from Car Fat (g) Saturated Fat (g) Calories from Fat	6* 25% bohydrates 44 23 36% 7* 36% 208

### Dirty Rice with Beef Vegetables Quinoa & Farrow – Nutrition Label

Nutrition	Facts		
		0.0-1	
Serving Size:1 s	erving (8	8.6g)	
Servings:1			
Amount Per Serving			
Calories 220	Calori	es from	n Fat 110
		% [	Dally Value*
Total Fat 12g			18%
Saturated Fat	t 4g		21%
Trans Fat 0.5	5g		
Polyunsatura	ted Fat 0.5	5g	
Monounsatur			
Cholesterol 3			9%
Sodium 390md	1		16%
Total Carbohy	drate 200	1	7%
Dietary Fiber		, 	8%
Sugars less	-		
Protein 8g			
-	2.7152		
Vitamin A 2%	•		n C 2%
Calcium 2%	. • (	Iron 6	%
"Percent Daily Values Your Daily Values may your calorie needs.			
Tabel Fat			
Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than		2400mg
Total Carbohydrate DietaryFiber		300g 25g	
energy in the			3

Ingredients: GROUND BEEF, KIDNEY BEAN, CORN, BROWN RICE, QUINOA GRAIN, FARRO, BEEF BASE, ONION, RED PEPPER, CAJUN SEASONING.

# 5. Hawaiian Chicken Leg Meal

#### Hawaiian Chicken Leg Meal

Meal grams: 657.3g/23.2oz				Nutrition Facts Serving Size: 1 serving (6 Servings: 1	57.3g)
Protein: 2	27%			Amount Per Serving	
Carbohydrates:				Calories 380 Calorie	es from Fat 100
Fat: 2					% Daily Value*
	2370			Total Fat 11g	17%
				Saturated Fat 3.5g	16%
				Trans Fat 0g	
				Polyunsaturated Fat 2g	
<b>MEAL ITEMS</b> MILK, COW'S, 1% BUTTERFAT, VIT-A, flu	ud		6 oz	Monounsaturated Fat 3.	.5g
Hawian Chicken	nu		1.00 servings	Cholesterol 70mg	23%
Zucchini and Squash			1.00 servings	Sodium 640mg	27%
WHEAT BREAD, include wheat berry			1 slice	Total Carbohydrate 47g	16%
DRANGE, ALL VARIETIES, RAW, all comme	ercial varieties (2	3/8" diamete	r) 1 small	Dietary Fiber 7g	27%
				Sugars 29g	
				Protein 27g	
				Vitamin A 20% • V	
				Vitamin A 20% Calcium 35% I "Percent Daily Values are based on Your Daily Values may be higher or your calorie needs. Calories Total Fat Less than Sat Fat Less than Schlesterol Less than	Iron 15% a 2,000 calorie diet. lower depending on
				Vitamin A 20% Calcium 35% I "Percent Daily Values are based on Your Daily Values may be higher or your calorie needs. Calories Total Fat Less than Sat Fat Less than Cholesterol Less than Total Carbohydrate	Iron 15%           a 2,000 calorie diet. lower depending on           2,000 2,500           65g 80g 20g 25g 300mg 300mg 2400mg 2400mg 300g 375g
NUTRIENT ANALYSIS				Vitamin A 20% Calcium 35% I Percent Daily Values are based on Your Daily Values may be higher or your calorie needs. Total Fat Less than Sat Fat Less than Cholesterol Less than Sodium Less than	Iron 15%           a 2,000 calorie diet. lower depending on           2,000         2,500           65g         80g           20g         25g           300mg         300mg           2400mg         2400mg
	Value	%DV	Nutrient	Vitamin A 20% Calcium 35% I "Percent Daily Values are based on Your Daily Values may be higher or your calone needs. Calories Total Fat Less than Sat Fat Less than Sodium Less than Sodium Less than Total Carbohydrate DietaryFiber	Iron 15%           a 2,000 calorie diet. lower depending on           2,000 2,500           65g 80g 20g 25g 300mg 300mg 2400mg 2400mg 300g 375g
lutrient		%DV		Vitamin A 20% Calcium 35% I "Percent Daily Values are based on Your Daily Values may be higher or your calone needs. Calories Total Fat Less than Sat Fat Less than Sodium Less than Sodium Less than Total Carbohydrate DietaryFiber	Iron 15%           a 2,000 calorie diet.           lower depending on           2,000         2,500           65g         80g           20g         25g           300mg         300mg           2400mg         3400mg           300g         375g           25g         30g
lutrient alories	377		Dietary Fiber (g)	Vitamin A 20% Calcium 35% Calcium 35% Calcium 35% Calcium 35% Calcium 35% Calories Calories Calories Calories Calories Calories Total Fat Less than Sat Fat Less than Cholesterol Less than Cholesterol Less than Total Carbohydrate DietaryFiber	iron 15%           a 2,000 calorie diet.           lower depending on           2,000 2,500           65g 80g           20g 25g           300mg 300mg           2400mg           300g 375g           25g 30g           Value         %DV
lutrient Calories Irotein (g)		<b>%DV</b> 53%	Dietary Fiber (g) % Calories from Carl	Vitamin A 20% Calcium 35% Calcium 35% Calcium 35% Calcium 35% Calcium 35% Calories Calories Calories Calories Calories Calories Total Fat Less than Sat Fat Less than Cholesterol Less than Cholesterol Less than Total Carbohydrate DietaryFiber	Iron 15%           a 2,000 calorie diet.           lower depending on           2,000         2,500           65g         80g           20g         25g           300mg         300mg           2400mg         2400mg           25g         30g           25g         30g           Value         %DV           7*         27           48
NUTRIENT ANALYSIS Nutrient Calories Protein (g) % Calories from Protein Carbohydrates (g)	377 27		Dietary Fiber (g)	Vitamin A 20% Calcium 35% Calcium 35% Calcium 35% Calcium 35% Calcium 35% Calories Calories Calories Calories Calories Calories Total Fat Less than Sat Fat Less than Cholesterol Less than Cholesterol Less than Total Carbohydrate DietaryFiber	iron 15%           a 2,000 calorie diet.           lower depending on           2,000 2,500           65g 80g           20g 25g           300mg 300mg           2400mg           300g 375g           25g 30g           Value         %DV

# Hawaiian Chicken Leg Recipe – Nutrition Label

Nutrition	Facts		
Serving Size:1 s		160)	
Serving Size. 1 s Servings:1	serving (o	1.0g)	
Amount Per Serving			
Calories 130	Calo	ries from	m Fat 60
		% D	ally Value*
Total Fat 7g			11%
Saturated Fat	t 2g		9%
Trans Fat 0g			
Polyunsatura	ted Fat 1.5	5g	
Monounsatur	ated Fat 2	.5g	
Cholesterol 6	Omg		20%
Sodium 200mg	)		8%
Total Carbohy	drate 2g		1%
Dietary Fiber	0g		0%
Sugars 1g			
Protein 14g			
Vitamin A 2%	•	Vitamir	n C 4%
Calcium 2%	•	Iron 49	6
"Percent Dally Values Your Dally Values may your calorie needs.			
Tabel Feb			
Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g
Cholesterol	Less than	300mg	300mg
Sodium Total, Carbohudicato	Less than		2400mg
Total Carbohydrate DietaryFiber		300g 25g	375g 30g

Ingredients: CHICKEN DRUMSTICK, PINEAPPLE, CHICKEN BASE, FLOUR, SUGAR, WORCESTERSHIRE SAUCE, GARLIC, GINGER ROOT.

# 6. Paella with Salmon & Chicken Meal

#### Paella with Salmon & Chicken Meal

Meal grams: 603.3g/21.3oz

				Serving Size: 1 serving (603.3g) Servings: 1
Protein: 24%				Amount Per Serving
Carbohydrates: 35%				Calories 600 Calories from Fat 250
Fat: 41%				% Dally Value*
				Total Fat 28g 43%
				Saturated Fat 7g 33%
				Trans Fat Og
MEAL ITEMS				Polyunsaturated Fat 4.5g
WATERMELON, RAW, 15 x 7.5" diameter (appr	ov 1/16 of	melon)	4 07	Monounsaturated Fat 4.5g
Paella with Salmon and Chicken	0x 1/10 0	meiony	1.00 servings	Cholesterol 90mg 31%
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid			6 oz	Sodium 720mg 30%
COLESLAW WITH PINEAPPLE & MANGO, REG			4 oz	Total Carbohydrate 53g 18%
WHEAT BREAD, include wheat berry			1 slice	Dietary Fiber 4g 18%
				Sugars 25g
				Protein 37g
				Vitamin A 40% • Vitamin C 60% Calcium 30% • Iron 15%
				*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 2400mg 2400mg
				Total Carbohydrate 300g 375g DietaryFiber 25g 30g
NUTRIENT ANALYSIS				Log Obg
Nutrient	Value	%DV	Nutrient	Value %DV
Calories	603		Dietary Fiber (g)	4* 18%
Protein (g)	37	75%	% Calories from Carb	oohydrates 35
% Calories from Protein	24		Fat (g)	28 43%
Carbohydrates (g)	53	18%	<ul> <li>Saturated Fat (g)</li> <li>Calories from Fat</li> </ul>	7* 33% 247

Nutrition Facts

### Paella with Salmon & Chicken Recipe- Nutrition Label

Nutrition			
Serving Size:1 s	serving (1	81.4g)	
Servings:1			
Amount Per Serving			
Calories 290	Calori	es from	Fat 140
		% D	ally Value
Total Fat 15g			24%
Saturated Fat	t 3.5g		17%
Trans Fat 0g	1.		
Polyunsatura	ted Fat 4g	1	
Monounsatur	ated Fat 4	g	
Cholesterol 8	Omg		26%
Sodium 350mg	)		15%
Total Carbohy	drate 10g	9	3%
Dietary Fiber	1g		5%
Sugars less	than 1g		
Protein 27g			
Vitamin A 6%	•		n C 25%
Calcium 2%	8 <b>.</b>	Iron 69	6
"Percent Dally Values Your Dally Values may your calorie needs.			
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	
Sodium Total Carbohydrate	Less than	2400mg 300g	2400mg 375g
DietaryFiber		25g	30g

Ingredients: SALMON, BROWN RICE, CHICKEN THIGH, PEA, ONION, CHICKEN BASE, SALT, GARLIC, TURMERIC, PEPPER, SAFFRON, SAGE.

# 7. Pasta with Chicken Sausage & Butter Squash Meal

#### Pasta with Chicken Sausage & Butternut Squash Meal

Meal grams: 498.3g/17.6oz

				Serving Size: 1 serving (498.3g) Servings: 1
Protein: 20%				Amount Per Serving
Carbohydrates: 69%				Calories 500 Calories from Fat 60
Fat: 11%				% Daily Value*
				Total Fat 6g 10%
				Saturated Fat 1.5g 8%
				Trans Fat 0g
				Polyunsaturated Fat 0.5g
MEAL ITEMS ORANGE, ALL VARIETIES, RAW, all commercial varie	tioc (	2 3/9" diamotor	) 1 small	Monounsaturated Fat 1g
Pasta with Chicken Sausage & Butternut Sauce	ues (	2 5/6 uldifieter	1.00 servings	Cholesterol 45mg 15%
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid			6 oz	Sodium 560mg 23%
SALAD , romaine lettuce, carrots and red cabbage			1 cup	Total Carbohydrate 90g 30%
				Dietary Fiber 6g 22%
				Sugars 23g
				Protein 27g
				Vitamin A 120%     Vitamin C 110%       Calcium 30%     Iron 20%       "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       Total Fat     Less than       East than     55g       Sat Fat     Less than       Less than     300mg       Sodium     Less than       Less than     2400mg       Sodium     Less than       2400mg     2400mg
				DietaryFiber 25g 30g
NUTRIENT ANALYSIS				· · · ·
Nutrient Val	ue	%DV	Nutrient	Value %DV
Calories	504		Dietary Fiber (g)	6* 22%
Protein (g)	27		% Calories from Carb	
% Calories from Protein	20		Fat (g)	6 10%
Carbohydrates (g)	90	30%	Saturated Fat (g) Calories from Fat	2* 8% 54

Nutrition Facts

### Pasta with Chicken Sausage & Butter Squash Recipe – Nutrition Label

Nutrition I	acts	8	
Serving Size:1 s	erving (	175.5g)	
Servings:1			
Amount Per Serving			
Calories 380	Cal	lories from	m Fat 40
		% D	ally Value*
Total Fat 4.5g			7%
Saturated Fat	0g		2%
Trans Fat Og	0		
Polyunsatura	ted Fat 0	g	
Monounsatura	ated Fat	0.5g	
Cholesterol 3	5mg		12%
Sodium 480mg	1		20%
Total Carbohy	drate 68	3g	23%
Dietary Fiber	3g		10%
Sugars 4g			
Protein 19g			
Vitamin A 60%		Vitamin	C 6%
Calcium 4%		Iron 159	6
"Percent Daily Values a Your Daily Values may your calorie needs.			
Total Fat	Less than		80g
Sat Fat	Less than	200	250
Cholesterol	Less than	1 300mg	300mg
Sodium Total Carbohydrate	Less than	1 2400mg 300g	2400mg 375g
DietaryFiber		25g	30g

Ingredients: SHELLS PASTA, BUTTERNUT SQUASH, CHICKEN THIGH, SPINACH, CHICKEN BASE, SAGE, SALT, FENNEL SEED, PEPPER.

Contains:

Recipe and Meal Nutrient Analysis(supplement)

# Salad Recipe – Nutrition Label

Nutrition	Facts		
Serving Size:1 n	neal (498.	3g)	
Servings:1			
Amount Per Serving			
Calories 500	Calo	ries fro	m Fat 60
		% 0	ally Value*
Total Fat 6g			10%
Saturated Fat	t 1.5g		8%
Trans Fat Og			
Polyunsatura	ted Fat 0.5	g	
Monounsatur	ated Fat 1	g	
Cholesterol 4	5mg		15%
Sodium 560mg 23			23%
Total Carbohydrate 90g			30%
Dietary Fiber 6g			22%
Sugars 23g			
Protein 27g			
Vitamin A 120% Calcium 30%		itamin ( on 20%	C 110%
"Percent Dally Values : Your Dally Values may your calorie needs.	are based on be higher or Calories	a 2,000 d lower de 2,000	alorie diet. pending on 2.500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than		300mg
Sodium Total Carbohydrate	Less than	2400mg 300g	2400mg 375g
DietaryFiber		25g	30g

# 8. Teriyaki Chicken Meal

#### Teriyaki Chicken meal

Meal grams: 503.6g/17.8oz

MEAL ITEMS

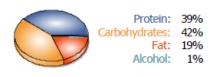
NUTRIENT ANALYSIS

Protein (g) % Calories from Protein

Carbohydrates (g)

Nutrient

Calories



Teriyaki Chicken	1.00 sen
ORIENTAL VEGETABLES,	1/2 cup
MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid	6 oz
WHEAT BREAD, include wheat berry	1 slice
WATERMELON, RAW, 15 x 7.5" diameter (approx 1/16 of melon)	4 oz

		Nutrition Facts Serving Size: 1 serving ( Servings: 1	(503.6g)				
		Amount Per Serving					
		Calories 380 Calories from Fat 70					
				y Value*			
		Total Fat 8g		12%			
		Saturated Fat 2.5g		13%			
		Trans Fat Og					
		Polyunsaturated Fat 1	.5g				
		Monounsaturated Fat 2.5g					
	1.00 servings	Cholesterol 115mg 38%					
	1/2 cup	Sodium 590mg 2					
	6 oz	Total Carbohydrate 39g 13%					
1 slice of melon) 4 oz		Dietary Fiber 3g 11%					
		Sugars 25g					
		Protein 36g					
		Vitamin A 25% • Calcium 30% •	Vitamin C Iron 15%				
		"Percent Daily Values are based o Your Daily Values may be higher o your calorie needs. Calories	or lower depe				
		Total Fat Less than		80g			
		Sat Fat Less than Cholesterol Less than		25g 300ma			
		Sodium Less than	2400mg	2400mg			
		Total Carbohydrate DietaryFiber		375g 30g			
		· · · ·	,	-			
%DV	Nutrient		Value	%DV			
	Dietary Fiber (g)		3				
73%	to calorico morri carb	ohydrates	42				
13%	Fat (g)		8	12%			

3

71

13%

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Saturated Fat (g) Calories from Fat

13%

Value

380

36 39

39

# Teriyaki Chicken Recipe – Nutrition Label

Nutrition I			
Serving Size:1 s	erving (1	45.1g)	
Servings:1			
Amount Per Serving			
Calories 190	Calo	ries fror	n Fat 45
		% D	ally Value*
Total Fat 5g			8%
Saturated Fat	t 1.5g		6%
Trans Fat 0g	12		
Polyunsatura	ted Fat 1g	4	
Monounsatur	ated Fat 1	.5g	
Cholesterol 1	05mg		35%
Sodium 380mg			16%
Total Carbohydrate 8g			3%
Dietary Fiber 0g			0%
Sugars 6g			
Protein 27g			
Vitamin A 2%	•	Vitamir	n C 0%
Calcium 2%		<ul> <li>Iron 8%</li> </ul>	
"Percent Daily Values : Your Daily Values may your calorie needs.			
Total Fat	Less than	65g	80g
Sat Fat Cholesterol	Less than Less than	20g	25g
Sodium	Less than	300mg 2400mg	2400mg
Total Carbohydrate DietaryFiber		300g 25g	375g 30g

Ingredients: CHICKEN LEG, SUGAR, SOY SAUCE (SHOYU), WINE, FLOUR, GINGER ROOT, GARLIC.