

EATING SMART AT HOME



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 80
Sat Fat	Less than 20g 25
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. 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 are from fat.
- 3. Limit these nutrients.** Eating too much fat, cholesterol, or sodium may increase your risk of certain chronic diseases.
- 4. Get enough of these nutrients.** Eating enough of these nutrients can improve your overall health.
- 5. Quick guide to % DV.** If the Daily Value is **5% or less** that means this 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. It doesn't change from product to product, because it shows recommended dietary advice for all Americans—it is not about a specific food product.



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

NC STATE UNIVERSITY



**Community & Clinical
CONNECTIONS**
for Prevention & Health
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH



EASY LASAGNA

Makes 6 servings

Serving Size: 1/6 recipe

Ingredients

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

Directions

1. Brown ground beef or turkey. Drain and return to skillet.
2. Stir in diced tomatoes, water, parsley, oregano and Italian seasoning. Bring to a boil.
3. Add uncooked pasta. Cover and cook on medium heat for 15 minutes.
4. Stir in cottage cheese. Cover and cook for 5 minutes.
5. Stir in 2 cups of mozzarella cheese.
6. Cover and remove from heat. Let stand for 5 minutes to melt cheese.

Nutrition information Per Serving

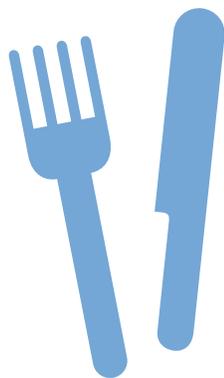
370 calories		Total Carbohydrate	35 g
Total Fat	11 g	Dietary Fiber	2 g
Saturated Fat	6 g	Sodium	530 mg
Protein	32 g		

 Excellent Source of Vitamin C

 Excellent Source of Calcium

 Excellent Source of Iron

 Good Source of Vitamin A



Eat Smart



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.

www.pedbikeimages.org/Dan_Burden

