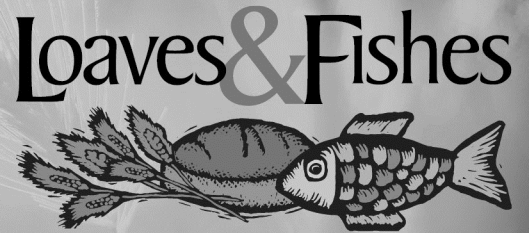


NUTRITION To Go



FOOD PANTRY

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Did you know? Now you can visit the pantry two times per month to pick up food.

¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida.

Nutrition Labels Decoded!

Are those cereals, granola bars, fruit snacks and veggie sticks actually healthy? Sometimes food labeling can be confusing, and things that seem healthy may not be as good for as you thought! Even if the front of the box says, "may lower cholesterol," "reduced fat," or "less sodium," that doesn't always mean the food is good for you. You can use the ingredients list and the Nutrition Facts Label to guide your packaged food and snack choices!

Serving Size: This shows the amount of food that the nutrition facts are telling about. It is the amount that someone is likely to eat in one sitting. It is not a recommendation of how much to eat.

Calories: The total calories or "energy" provided in one serving of food.

% Daily Value (DV): How much one serving of the food contributes to your daily need or limit for that nutrient

To find the actual calories or %DVs for what you are eating, multiply by the number of servings. For example, if you eat 3 cups of this food, it would contain 480 calories (240 calories x 2 servings).

Etiquetas Nutricionales Desmitificados!

¿Son esos cereales, barras de granola, aperitivos de fruta y trocitos "de verduras" realmente saludables? A veces, el etiquetado de los alimentos puede ser confuso, y las cosas que parecen saludables, ¡pueden no ser tan buenas como pensabas! Incluso si la parte frontal de la caja dice: "puede reducir el colesterol", "reducir la grasa" o "menos sodio", eso no siempre significa que la comida sea buena para usted. ¡Puede usar la lista de ingredientes y la etiqueta de información nutricional para guiar sus opciones de alimentos y bocadillos envasados!

Serving Size: Esto muestra el tamaño de la porción del alimento. Es la cantidad que es probable que alguien coma en una sola sesión. No es una recomendación de cuánto comer.

Calories: Las calorías totales o "energía" proporcionadas en una porción de alimento.

% Daily Value (DV): Cuanto contribuye una porción a su necesidad o límite diaria por ese nutriente.

Para encontrar las calorías o %DV de lo que está comiendo, multiplique por el número de las porciones que está comiendo. Por ejemplo, si comes 3 tazas de este alimento, contendría 480 calorías (240 calorías x 2 porciones).

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories

240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
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.



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Eat MORE (come más):

Dietary Fiber (Fibra)

Vitamin D (Vitamina D)
Calcium (Calcio)
Iron (Hierro)
Potassium (Potasio)

Look for foods HIGH in these nutrients. High means 20% or more.

Busca alimentos ricos en estas nutrientes. 20% o más indica un nivel alto.

Eat LESS (come menos):

Saturated Fat (Grasas saturada)
Trans Fat (Grasas trans)
Cholesterol (Colesterol)
Sodium (Sodio)

Added Sugars (Azúcar añadida)

Look for foods LOW in these things. Low means 5% or less.

Busca alimentos bajos en estas nutrientes. 5% o menos indica un nivel bajo.

Loaves & Fishes



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30 minute One-Pot Cheesy Pasta Bake

- 1 tablespoon vegetable or olive oil
- 3/4 teaspoon minced garlic
- 1 medium onion, chopped
- 1 bell pepper (any color), chopped
- 1 lb ground beef
- 1 1/2 teaspoon Italian seasoning
- 2 1/2 cups chicken stock (or water)
- 1 teaspoon each of salt and black pepper
- 2 - 14.5oz cans diced or crushed tomatoes
- 1 - 6oz can tomato paste
- 16oz box uncooked penne, macaroni or rotini pasta
- 10oz fresh spinach (or 1 cup frozen spinach, thawed and drained)
- 2 cups grated cheese



Step 1

Heat oil on the stove in a large ovenproof skillet or Dutch oven with medium-high heat. Add onion; sauté 2 minutes. Add bell peppers, beef and Italian seasoning; cook 3 minutes, stirring to crumble.

Step 2

Add stock, salt & pepper, tomatoes, tomato paste. Stir and bring to a boil. Add pasta, cover and simmer 12 to 13 minutes or until pasta is done. Stir in spinach.

Step 3

Sprinkle cheese over pasta mixture. Place pan in oven; broil 2 minutes in the oven or until cheese melts and begins to brown.