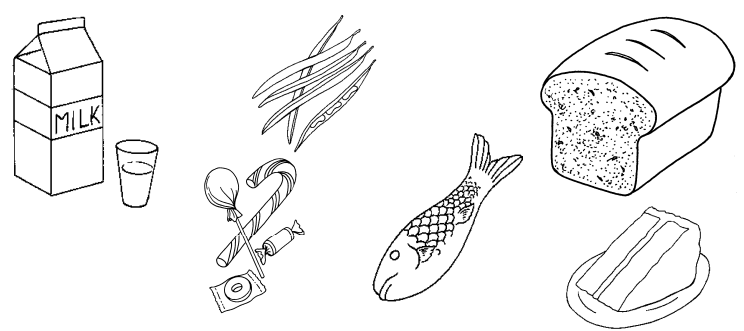
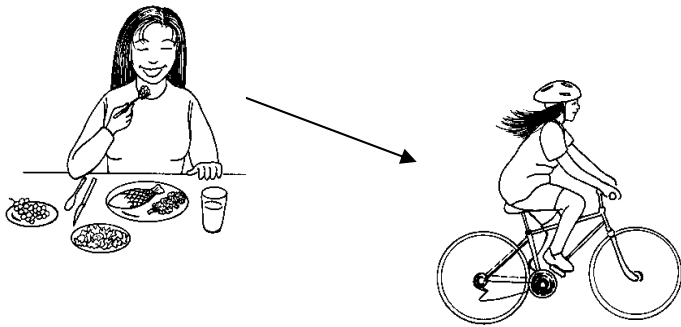


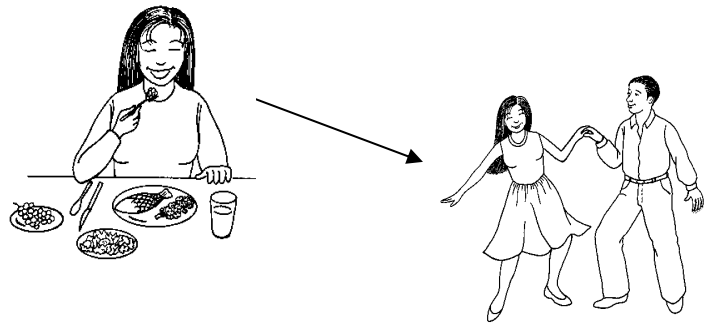
good nutrition



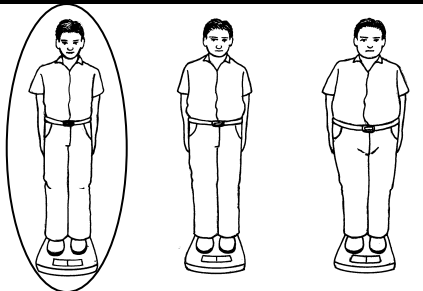
nutrition / diet



energy



feel good

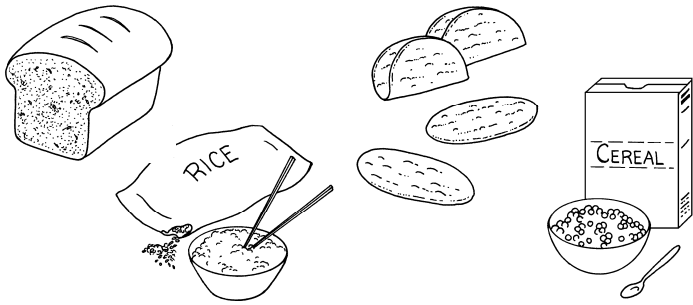


190 lbs. 230 lbs. 270 lbs.

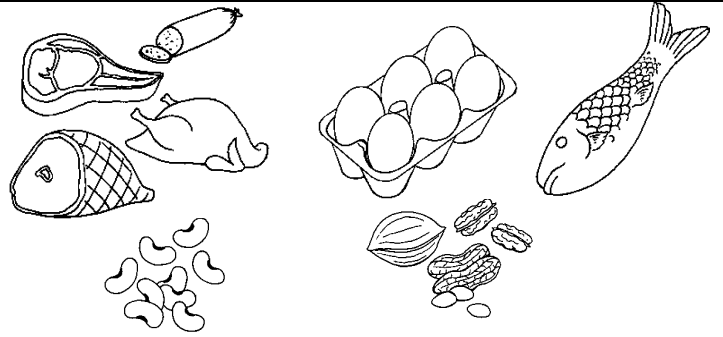
healthy weight

Nutrition Facts	
Serving Size 1 cup (228 g)	
Servings Per Container 2	
Amount Per Serving	
Calories 280	Calories from Fat 120
% Daily Value	
Total Fat 13 g	26%
Saturated Fat 5g	25%
Cholesterol 30 mg	10%
Sodium 650mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

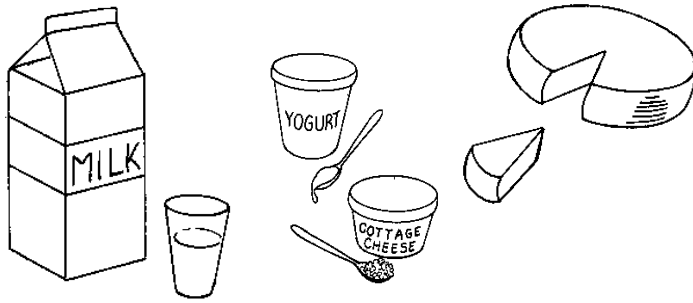
nutrition label



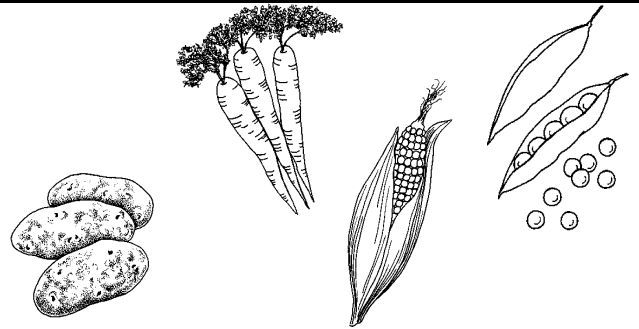
grain group



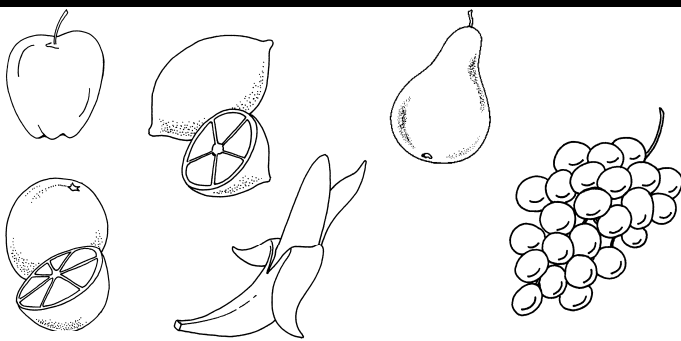
protein group



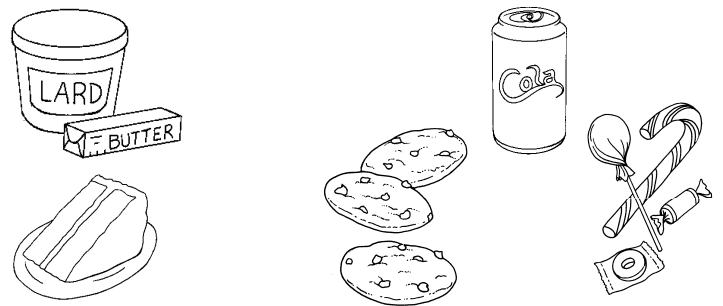
dairy group



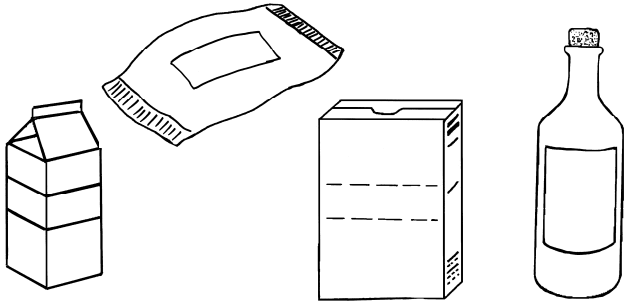
vegetable group



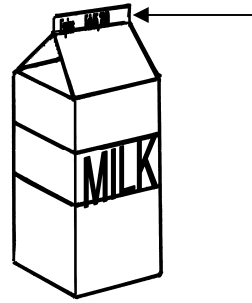
fruit group



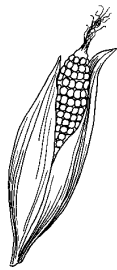
fats and sweets group



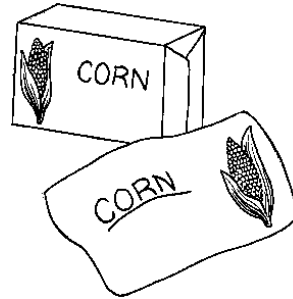
food package



expiration date



fresh



frozen

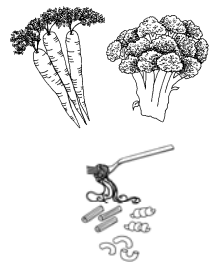


canned

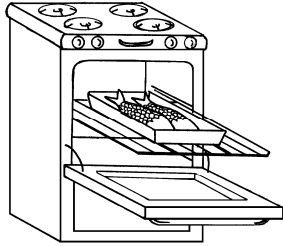
PASTA SALAD

- 6 oz. pasta
- 1 bunch broccoli
- 1 green pepper
- 1 red pepper
- 2 carrots
- ½ cup olive oil
- 2 Tbsp red wine vinegar

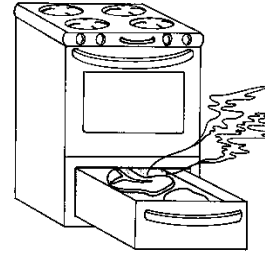
Cook pasta according to directions on package.
Chop broccoli.....



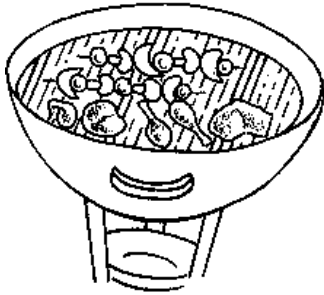
recipe



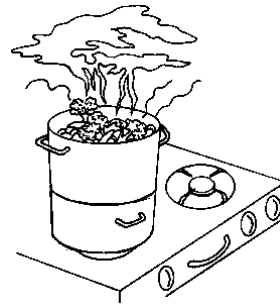
bake



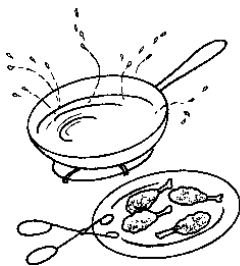
broil



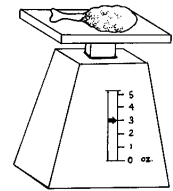
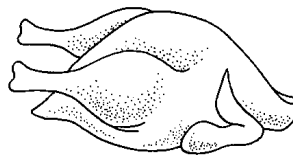
grill



steam



fry



1 serving = 3 oz.

right size serving