

FOOD FACTS FOR HEALTHY FAMILIES

The table below compares the approximate cost (prices may vary from store to store), number of servings and calories per serving for several fresh and processed foods. Please note that **servings for healthy foods are larger, but prices are not!**

Food	Approx. Cost	Package Size	Serving Size	Cost Per Serving	Calories Per Serving
Romaine Salad Greens	\$1.29	1 lb.	2 cups	37 cents	15
Broccoli	\$1.99	12 oz.	1 cup	50 cents	25
Baby Cut Carrots	\$1.30	1 lb.	3 oz.	24 cents	35
Navy Beans (dry)	\$.99	32 oz.	¼ cup	4 cents	70
Bananas	\$1.99	8 bananas	1 med.	25 cents	100
Orowheat Whole Grain Bread	\$3.89	Loaf	1 slice	22 cents	100
Cheerios	\$2.49	8.9 oz.	1 cup	28 cents	100 w/out milk
Tostitos Chips	\$3.99	18 oz.	7 chips	27 cents	140
Lays Potato Chips	\$3.99	14 oz.	15 chips	30 cents	150
Oreo Cookies	\$.99	5.5 oz.	3 cookies	25 cents	160
Blueberry Muffins	\$2.99	4-pack	1 muffin	75 cents	410

Nutritional information provided by the Health Leadership Network.
www.lakehln.org

EAT! 5-10 SERVINGS OF VEGETABLES AND FRUIT DAILY BECAUSE THEY'RE:

- High in Fiber
- High in Antioxidants
- High in Nutrients
- Low in Calories

1 typical serving = 4 ounces

Fiber intake is the single greatest factor in maintaining a healthy weight. Fiber is found primarily in plant-based and unrefined foods.

- Dried Beans top the list for the most natural fiber. Navy beans provide almost 10 grams of fiber per serving (1/2 cup cooked). Try to eat dried beans at least 3 times per week.
- Pears, pineapple, peas, bananas, apples, barley, sunflower seeds and air-popped popcorn are also good sources.
- Aim to eat 3 servings of whole grains daily such as whole wheat or multigrain bread, oatmeal or oat bread, rye bread, brown rice, whole grain corn.
- Recommended minimum daily fiber: Women 25 grams, Men 38 grams, Children their age + 5..



EMPHASIZE:

- Greens & Cabbage Family
- Dark Yellow or Orange
- Tomatoes, onions, salads
- Citrus, berries
- Wide variety of other colorful fruits and vegetables

Fruit, Vegetables, Nuts, Dried Beans and Whole Grains protect against

- obesity,
- heart disease,
- diabetes, and
- certain cancers.

EAT WELL, BE WELL!