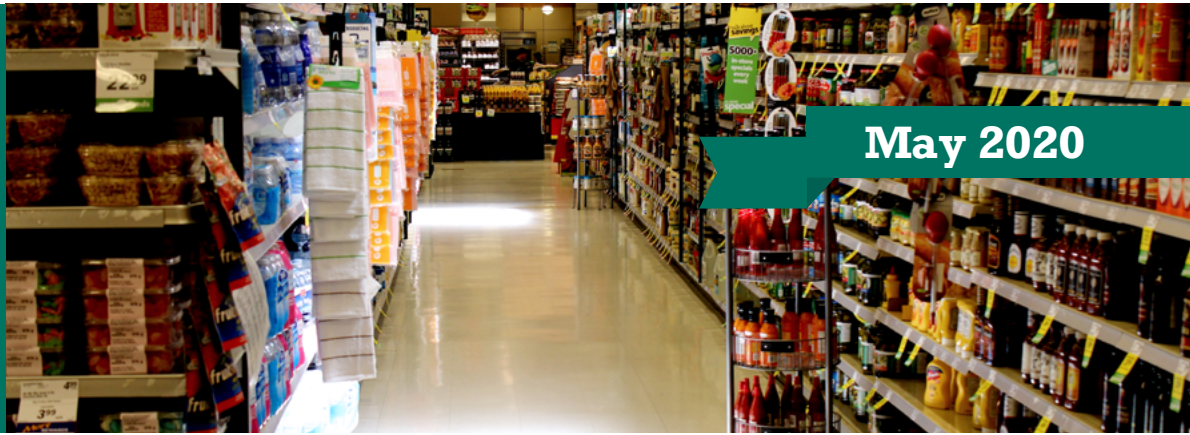


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Nutrition Facts Label: What is it?

The nutrition facts label is printed on most all of the food and drink we purchase in stores. The label is designed to help you know the serving size, calories, percentage of daily value of a Fats, Cholesterol, Sodium, Carbohydrates, Protein, and Vitamins. Knowing this information will help you make healthy decisions when it comes to purchasing and eating foods.

Here is an example of the Nutrition Facts label.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

- 1 The serving size appears in large bold font.
- 2 Calories are displayed in larger bolder font so that it stands out more.
- 3 Lists the amount of the Daily Value.
- 4 The percentage and amount of Added sugars and vitamins and minerals are listed.

This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: <https://www.choosemyplate.gov/myplatekitchen/recipes>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

Nutrition Facts Label: What to look for.

While it is easy to spot the Nutrition Facts label, it may not be as easy to understand what the information all means. Below is helpful information on reading the nutrition facts label and things to look for when making healthy food choices.

- Serving Information
 - o This is the first thing you'll see on the top of the label. It is not telling you how much to eat. Instead, it explains how many or how much of the food to eat in order to obtain the listed amount of calories, sugars, etc. listed on the rest of the label so it is important to pay attention to it.
- Calories
 - o Keep in mind to aim for a total of 2,000 calories per day. The large, bold amount of calories listed on the label, is per serving. If you consume two servings of the food, you would need to double the calories to know how close you are to reaching 2,000 calories.
- Nutrients
 - o Nutrients you want less of are saturated fat, sodium, and added sugars so aim for small amounts of those. Nutrients you want more of are dietary fiber, vitamin D, calcium, iron and potassium so aim for large amounts of those nutrients.
- The Percent Daily value (%DV)
 - o This is a guide to the nutrients in one serving of food. For example, if the label lists 15% for calcium, it means that one serving provides 15% of the calcium you need each day. Even if your diet is higher or lower in calories, you can still use this as a guide.





This recipe is flexible. Add different veggies and experiment with different proteins as well.



Scrumptious, sweet salsa that will be a party favorite. Use a tart apple variety for best results.

Pasta Primavera

Makes 3 Servings

Ingredients:

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese

Directions:

Cook noodles according to package directions. While noodles are cooking, heat oil in a skillet. Add vegetables and sauté until tender, stirring constantly. Add tomato and cook 2 more minutes. Toss vegetables with noodles, margarine, and seasonings. Sprinkle with Parmesan cheese.

Nutritional Information per serving:
Total Calories 336; Total Fat 11 g; Protein 11 g; Carbohydrates 48 g; Dietary Fiber 8 g; Saturated Fat 2 g; Sodium 147 mg

Pear Party Salsa

Makes 4 Servings

Ingredients:

- 1 pear (cored and finely chopped)
- 1 apple (cored and finely chopped)
- 2 kiwi (cored and finely chopped)
- 1 orange (peeled and finely chopped)
- 2 tablespoon honey
- 1 teaspoon lemon juice
- cinnamon graham crackers (optional)

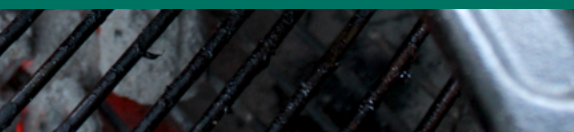
Directions:

Combine pear, apple, kiwi, and orange in a medium-size bowl. Pour honey and lemon juice over fruit and gently toss. Scoop up bites of fruit salsa using bites of cinnamon graham crackers (optional).

Nutritional Information per serving:
Total Calories 112; Total Fat 0 g; Protein 1 g; Carbohydrates 29 g; Dietary Fiber 4 g; Saturated Fat 0 g; Sodium 2 mg



Bring another serving of vegetables and important nutrients to your plate with this veggie-filled twist on classic fajitas.



Mushroom Steak Fajitas

Makes 4 Servings

Ingredients:

12-ounce sirloin or other boneless steak (about 3/4-inch thick)
 3 cup sliced cremini mushrooms
 1 tablespoon no-salt fiesta lime seasoning (divided)
 1 tablespoon olive oil
 1 cup green bell pepper slices
 1 medium red bell pepper (sliced into strips)
 1 medium yellow bell pepper (sliced into strips)
 8 whole-wheat tortillas (6-inch)
 1 medium tomato (diced)
 2 cup shredded iceberg lettuce
 4 tablespoon non-fat sour cream

Directions:

Slice beef across the grain into 1/4-inch strips. Place in a medium bowl with 1/2 tsp fiesta lime seasoning; toss to coat. Place mushrooms, peppers, and onion and remaining fiesta lime seasoning in a large bowl; toss to coat. Heat oil in large, non-stick skillet. Add beef strips; cook about 3-4 minutes. Remove from skillet. Place coated vegetables in skillet and sauté until vegetables are slightly tender, about 5-8 minutes. Add beef back to skillet and sauté mixture 1-2 more minutes. Assemble fajitas by dividing beef-vegetable mixture evenly on each tortilla, top with remaining ingredients and roll up.

Nutritional Information per serving:
 Total Calories 430; Total Fat 16 g; Protein 27 g; Carbohydrates 46 g; Dietary Fiber 7 g; Saturated Fat 5 g; Sodium 590 mg



Overnight soaking cuts down on prep time in the morning, so you can enjoy a healthy and hearty, cooked breakfast.

Overnight Oatmeal

Makes 2 Servings

Ingredients:

1 cup dry oatmeal
 2 1/2 cup water
 1/2 cup dried fruit (raisins, cranberries or apricots)
 1/4 cup walnuts, lightly chopped (or pecans)

Directions:

Put all ingredients in a cooking pot and cover. Let sit overnight in refrigerator. In the morning, put on a stove burner and cook on medium heat until simmering, then turn on low and heat for 10-15 minutes more or less depending on type of oats, quick (5 mins), regular, or steel cut. Serve warm with a little milk (or milk alternative), a drizzle of maple syrup, and a side of fresh fruit, if desired.

Nutritional Information per serving:
 Total Calories 333; Total Fat 14 g; Protein 8 g; Carbohydrates 50 g; Dietary Fiber 7 g; Saturated Fat 2 g; Sodium 27 mg