

FOR YOUR HEALTH

Health & Wellness Workshops

What Is Food? pt. 2

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*
about 3 servings		Total Fat 0.5g	1%	Total Carb. 30g	11%
Serv. size 1/2 cup (135g)		Sat. Fat 0g	0%	Fiber 7g	25%
		Trans Fat 0g		Total Sugars 12g	
		Cholest. 0mg	0%	Incl. 10g Added Sugars	20%
Calories 150		Sodium 540mg	23%	Protein 6g	
per serving		Vit. D 0%	Calcium 4%	Iron 8%	Potas. 8%
*DV = Daily Value					

INGREDIENTS: PREPARED WHITE BEANS (WATER, WHITE BEANS), WATER, SUGAR, BROWN SUGAR, LESS THAN 2% OF: SALT, MOLASSES, MODIFIED CORN STARCH, DISTILLED VINEGAR, CARAMEL COLOR, TAPIOCA STARCH, YEAST EXTRACT, NATURAL FLAVOR, GARLIC POWDER, ONION POWDER. **MAY CONTAIN: SOY.**

NUTRITION	
Serving Size: 1/2 cup (130g)	
Calories	160 %DV*
Total Fat	1.5g 2%
Saturated Fat	0g 0%
Trans Fat	0g -%
Cholesterol	0mg 0%
Sodium	420mg 18%
Carbohydrates	31g 11%
Dietary Fiber	5g 16%
Total Sugars	13g 16%
<i>Includes 8g Added Sugars</i>	
Protein	7g 8%
Vitamin D	0mcg 0%
Calcium	60mg 4%
Iron	1.9mg 10%
Potassium	390mg 8%

INGREDIENTS
PREPARED NAVY BEANS, WATER, BROWN SUGAR. CONTAINS 2% OR LESS OF: PORK, SALT, MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, PAPRIKA, TURMERIC), MODIFIED CORN STARCH, SPICE, GARLIC POWDER, NATURAL FLAVOR.

Nutrition Facts	
Serving Size: 1/4 cup (51g)	
Servings Per Container: About 13	
Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 700mg	20%
Total Carbohydrate 30g	10%
Dietary Fiber 17g	68%
Sugars 1g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 20%
Folate 25%	Magnesium 20%
*Percent Daily Values (DV) 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 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb.	300g 315g
Dietary Fiber	25g 30g

INGREDIENT: Cannellini Beans.

Did You Know?

There are foods that are good, better and best choices! In Part 2 we will discuss how to make the best food choices based on Nutrition Facts and Ingredients label to maximize the benefits to your body.

Learn how it is more than meets the eye. Join us -

- Thursday, 22 October, 2020
- 5:30 p.m.
- The Lyndon FreightHouse - 1000 Broad Street, Lyndonville, VT
- **Must wear a mask!**
- Bring a friend, you both get a coupon for a FREE dessert!
- Snack Provided!
- **Please bring this flyer with you!**

Sponsored by The Lyndon FreightHouse & Mosaic

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please call to reserve a seat for this FREE event. 802-626-1400