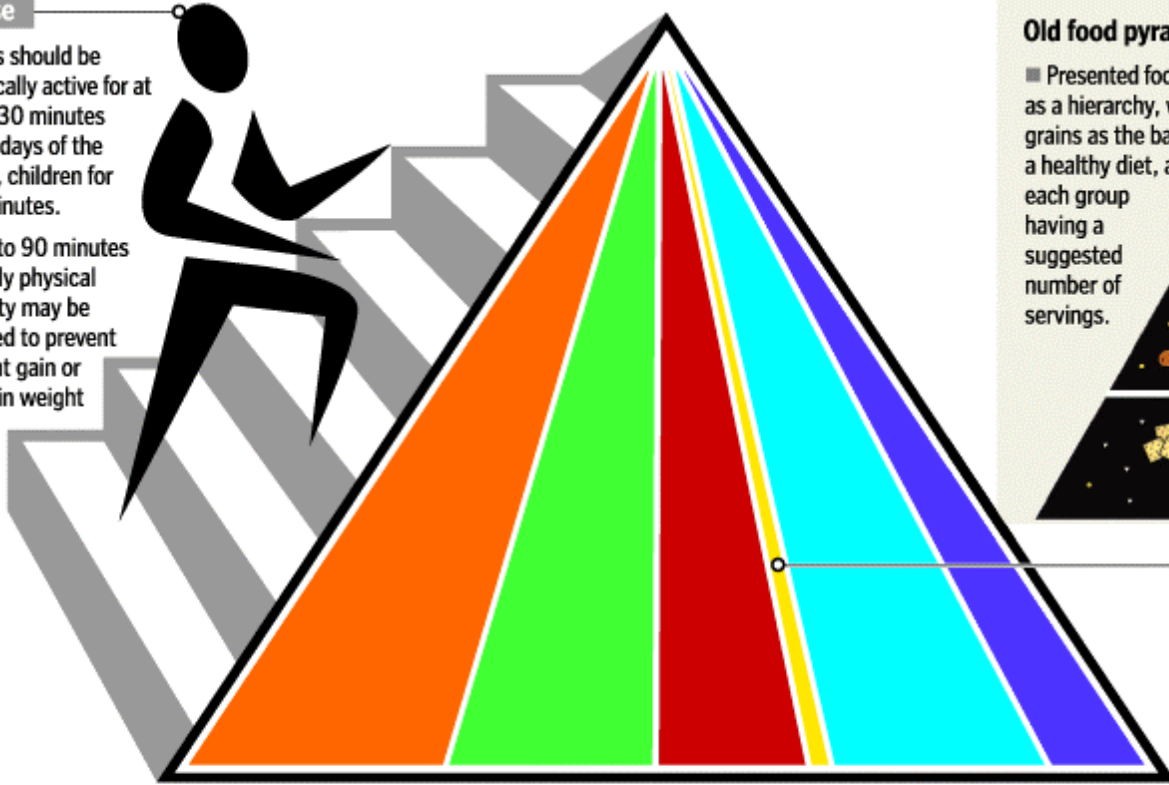


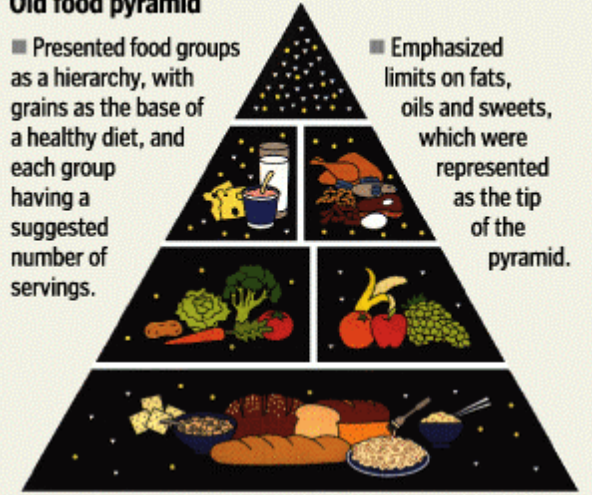
### Exercise

- Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
- Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.



### Old food pyramid

- Presented food groups as a hierarchy, with grains as the base of a healthy diet, and each group having a suggested number of servings.
- Emphasized limits on fats, oils and sweets, which were represented as the tip of the pyramid.



### Oils

- Most fat should be from fish, nuts and vegetable oils.
- Limit solid fats, such as butter, margarine or lard.
- Keep consumption of saturated fats, trans fats and sodium low.
- Choose foods low in added sugar.

CATEGORY	Grains	Vegetables	Fruits	Milk	Meat and beans
RECOMMENDATION	Half of all grains consumed should be whole grains.	Vary the types of vegetables you eat.	Eat a variety of fruits. Go easy on juices.	Eat low-fat or fat-free dairy products.	Eat lean cuts, seafood and beans. Avoid frying.
DAILY AMOUNT	6 oz.	2.5 cups	2 cups	3 cups	5.5 oz.

Based on a 2,000 calorie diet.

Recommended nutrient intakes at 12-calorie levels can be found on [mypyramid.gov](http://mypyramid.gov).

### Canned Soup

Uncle Seth Santa Cookie  
Serving Size - 1 cookie 4.50oz(127g)

Amount per Serving	
<b>Calories</b>	<b>744</b>
Calories From Fat	<b>291</b>
	% Daily Value
<b>Total Fat</b> 32g	<b>50%</b>
Saturated Fat 15g	<b>76%</b>
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 98mg	<b>4%</b>
<b>Potassium</b> 81mg	<b>0%</b>
<b>Total Carbohydrates</b> 106g	<b>35%</b>
Dietary Fiber 1g	<b>4%</b>
Sugar 76g	
<b>Protein</b> 5g	<b>10%</b>

NUTRITION INFORMATION		
TYPICAL VALUES (cooked as per instructions)		
	per 1/2 CAN	per 100ml
<b>ENERGY</b>	472 k J.	236 k J.
	<b>113 k cal</b>	<b>57 k cal</b>
<b>PROTEIN</b>	<b>2.2g</b>	<b>1.1g</b>
<b>CARBOHYDRATE</b>	<b>9.0g</b>	<b>4.5g</b>
of which sugars	1.8g	0.9g
of which starch	less than 0.1g	less than 0.1g
<b>FAT</b>	<b>7.6g</b>	<b>3.8g</b>
of which saturates	1.6g	0.8g
<b>FIBRE</b>	<b>0.2g</b>	<b>0.1g</b>
<b>SODIUM</b>	<b>0.8g</b>	<b>0.4g</b>
<b>per 1/2 CAN</b>	<b>113 CALORIES</b>	<b>7.6g FAT</b>

### LEAN GROUND BEEF (RAW)

Nutrition Facts	
Per 100 g	
Amount	% Daily Value
<b>Calories</b> 210	
<b>Fat</b> 15 g	<b>22 %</b>
Saturated 6 g	<b>34 %</b>
+ Trans 0.5 g	
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 20 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 15 %


<b>Nutrition Facts</b>	
Serving Size 1 order (364g)	
Amount Per Serving	
<b>Calories</b> 911	Calories from Fat 205
% Daily Value*	
<b>Total Fat</b> 23g	35%
Saturated Fat 3g	16%
<b>Cholesterol</b> 3mg	1%
<b>Sodium</b> 848mg	35%
<b>Total Carbohydrate</b> 144g	48%
Dietary Fiber 7g	27%
Sugars 4g	
Protein 27g	
Vitamin A 2%	• Vitamin C 3%
Calcium 1%	• Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Spaghetti

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (85g) - Cooked	
Servings Per Container about 3	
Amount Per Serving	
<b>Calories</b> 20	Calories from Fat 0
%Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 60mg	2%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber less than 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 60%	• Vitamin C 10%
Calcium 8%	• Iron 10%
* Percent Daily Values 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 25mg
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Spinach

<b>Nutrition Facts</b>	
Serving Size: 2 Tbsp. Mix (22g)	
1 Muffin Prepared (55g)	
Servings Per Container: About 11	
Amount Per Serving	
<b>Calories</b> 70	170
Calories from Fat 0	90
% Daily Value**	
<b>Total Fat</b> 0g*	0% 15%
Saturated Fat 0g	0% 12%
<b>Cholesterol</b> 0mg	0% 17%
<b>Sodium</b> 190mg	8% 8%
<b>Total Carb.</b> 11g	4% 4%
Dietary Fiber 3g	12% 12%
Sugars 0g	
<b>Protein</b> 8g	16% 18%
Vitamin A	0% 4%
Vitamin C	0% 0%
Calcium	0% 2%
Iron	0% 2%
*Amount in Mix.	
**Percent Daily Values 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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 60g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**NET CARBS**  
8g

**INGREDIENTS:** Wheat gluten, unbleached wheat flour with malted barley flour, cornstarch (low glycemic), corn grits, corn flour, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), natural and artificial flavor, salt, xanthan gum, sucralose (Splenda® brand non-nutritive sweetener), extract of annatto and tumeric for color.

\*For those controlling their carbs, count only 8 grams of the 11 grams of the Total Carbs in this product. Subtract dietary fiber (3g) which has a minimal impact on blood sugar. Learn more: [www.atkinscenter.com/netcarbs](http://www.atkinscenter.com/netcarbs)

**NOTE:** This product is not appropriate for the Induction Phase (First Phase) of the Atkins Nutritional Approach™.

Corn Muffin Mix