



# Food Safety

September 2018  
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For more information on how to lead a healthier lifestyle, visit our website [GetHealthyCT.org](http://GetHealthyCT.org)





# Back-to-School Food Safety Reminders

**A**mericans of all ages carry bag lunches to school or work. Ensure a safe lunch -- handle it safely.

*Perishable food must be kept cold while commuting via bicycle, car, bus, subway or on foot. After arrival, perishable food should be kept cold.*

## Clean: Clean Hands, Clean Surfaces

- Wash hands with warm, soapy water before preparing or eating food.
- Wash utensils and countertops with hot, soapy water after preparing each food item.
- Use clean packaging and bags.



## Separate: Don't Cross-Contaminate

- Use one cutting board for fresh produce and a different one for meat and poultry to avoid cross-contamination.
- At lunchtime, discard all used food packaging and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness.

## Chill: Keep Lunches Cold

- Keeping food cold slows bacterial growth and keeps food safe.
- Harmful bacteria multiply rapidly in the "Danger Zone" — the temperatures between 40 and 140 °F.
- Keep perishable food refrigerated until time to leave home.
- Include a frozen gel pack or frozen juice box with perishable food in the insulated lunch bag or lunch box.
- Use an insulated soft-sided bag if possible. It's best for keeping food cold.
- Store perishable items in a refrigerator (if available) immediately upon arrival.



## Keep Hot Lunches Hot

- Use an insulated container to keep hot food hot — 140 °F or above.
- Cook frozen convenience meals according to package instructions, including standing time if using a microwave.

## **Food Safety ALERT!**

*Perishable food transported without an ice source will stay safe only 2 hours (1 hour if the temperature is above 90 °F).*

[www.befoodsafe.org](http://www.befoodsafe.org)  
1-888-MPHotline  
(1-888-674-6854)



# 10 tips

Nutrition  
Education Series

# be food safe

## 10 tips to reduce the risk of foodborne illness



**A critical part of healthy eating is keeping foods safe.** Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

## CLEAN

### 1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

### 2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

### 3 clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

### 4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

### 5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



## SEPARATE

### 6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

### 7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

## COOK AND CHILL

### 8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



### 9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F ([www.isitdoneyet.gov](http://www.isitdoneyet.gov)).

### 10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

# 10 consejos

Serie de educación en nutrición

# sanidad en la alimentación

## 10 consejos para reducir el riesgo de enfermedades por contaminación de alimentos



**Una parte crítica de la alimentación saludable es mantener la sanidad de los alimentos.** Las personas en sus propias casas pueden reducir la posibilidad de contaminar los alimentos siguiendo buenas prácticas al manipular los alimentos. Hay cuatro principios básicos de sanidad alimentaria para reducir el riesgo de contraer enfermedades por contaminación de los alimentos: lavar, separar, cocinar y refrigerar. Estos cuatro principios son la base de "Fight Bac!"<sup>®</sup> una campaña Nacional para promover sanidad alimentaria para los consumidores y para educarlos en cómo manipular y preparar los alimentos.

### LAVAR

#### 1 lávese las manos con jabón y agua

Moje sus manos con agua limpia y aplique el jabón. Use agua caliente si hubiera. Frote sus manos para esparcir el jabón por 20 segundos y asegúrese de limpiar todas las partes de la mano. Enjuague las manos y séquelas usando una toalla de papel limpia. Si es posible use la toalla de papel para cerrar el caño (pluma) de agua.

#### 2 sanitice las superficies

Las superficies deben ser lavadas con agua jabonosa caliente. Para sanitizar las superficies, puede usarse una solución de 1 cucharada de cloro para blanquear sin olor por 1 galón de agua.

#### 3 limpie la refrigeradora una vez por semana

Por lo menos una vez por semana, descarte los alimentos de la refrigeradora que no van a ser utilizados. Las comidas recalentadas deben ser descartadas después de 4 días; pollo o carnes de res crudas después de 1 o 2 días.

#### 4 mantenga los utensilios limpios

Limpie fuera y dentro de los utensilios. Ponga atención a las uniones y asas o mangos donde pudiera ocurrir contaminación cruzada con las manos.

#### 5 enjuague los productos frescos

Enjuague los vegetales y frutas frescas en agua corriente antes de comerlos, cortarlos o cocinarlos. Incluso si planea pelar o cortar antes de comerlos, es muy importante que los enjuague bien para prevenir el transpaso de microbios de la parte externa a la interna de los productos.



### SEPARAR

#### 6 separe los productos al comprar

Separe las carnes de pescado, res y aves crudas en bolsas de plástico. En el refrigerador, guarde éstos productos debajo de los productos listos para comer.

#### 7 separe los productos cuando los prepare o los sirva

Siempre use una tabla de cortar limpia para los productos frescos y otra para las carnes de pescado, mariscos, res y aves. Nunca ponga alimentos cocidos en el mismo plato o tabla de cortar donde previamente puso carne cruda.

### COCINAR Y REFRIGERAR

#### 8 cuando cocine use un termómetro de alimentos

Use un termómetro de alimentos para asegurar que los alimentos hayan sido cocinados a temperaturas seguras y que los alimentos cocidos sean mantenidos a las temperaturas requeridas hasta que sean consumidos.



#### 9 cocine alimentos hasta lograr temperaturas internas seguras

Una forma efectiva de prevenir enfermedades por contaminación de los alimentos es chequear la temperatura interna de las carnes de pescado, res, aves, y platos preparados con huevo. Cocine las carnes crudas de res, cerdo, carnero y otros a una temperatura interna mínima de 145 °F. Para seguridad y calidad, espere 3 minutos antes de cortar o comer las carnes. Cocine todas las carnes molidas de res, cerdo, carnero u otros a una temperatura interna de 160 °F. Cocine todas las carnes de aves, incluyendo carne molida de pavo y pollo, a una temperatura interna de 165 °F ([www.isitdoneyet.gov](http://www.isitdoneyet.gov)).

#### 10 mantenga los alimentos preparados a temperaturas seguras

Mantenga los alimentos a 40 °F o por debajo. Mantenga los alimentos calientes a 140 °F o por encima. Los alimentos no son seguros para comer si éstos han estado en el rango peligroso de 40-140 °F por más de 2 horas (1 hora si la temperatura estuvo por encima de los 90 °F).



# 4 Tips for a Healthy and Stress-Free Lunchbox

Stumped by what to pack in your child's lunchbox? Stop worrying and learn to love planning. Whether your child is an athlete who needs extra calories for that after-school game or a teenager trying to maintain a healthy weight, here are four tips from the Food and Drug Administration for making a nutritious and personalized lunch.

## Tip 1: Plan Your Meals

The key to filling a lunchbox with wholesome foods that are essential for healthy growth and weight maintenance is planning. That's the advice of Leila T. Beker of FDA's Center for Food Safety and Applied Nutrition. She should know: she's a parent and grandparent with a Ph.D. in nutrition.

Start by planning your family's meals for the whole week, Beker advises busy caregivers. If that task is too daunting, start smaller by planning lunch for a day or two and progress from there. Duplicate that meal plan for the next week and build on it.

"You have to have a strategy for a healthy life, week by week. Think about what fruits, vegetables, lean protein and whole grains your family will eat so you can shop and have wholesome foods on hand," Beker says.

Start with the basic four: fruits and vegetables, whole grains for fiber (even if that means cutting off the crust because kids prefer the soft part), dairy and protein. Get your kids involved in helping to pack their lunches and planning family meals. That helps them develop good habits that last a lifetime.

If you have a bagel for breakfast, have a salad for lunch to balance your nutritional needs, she says. If your approach to each day is to grab food on the go, that can become a problem. "If you don't plan, you become a victim of convenient foods," she adds.

## Tip 2: Base Your Lunchbox on MyPlate

Need help planning meals? [MyPlate Kids' Place](#) has recipes and meal-planning information geared to different age groups. It also has advice on making healthy meals, cooking at home and developing healthy eating habits.

"Parents should understand that it's not what you say that matters, but what you do. Your kids are watching what you do. So if you don't eat healthy foods, they won't either," Beker says. "If you don't eat your vegetables and if you don't have a balanced diet, why would you expect your child to do any better?"

Then add some fun. Studies show that children will eat more fruits and vegetables if you make it interesting for them, says Shirley R. Blakely, a senior dietitian with FDA's Office of Nutrition, Labeling & Dietary Supplements. Give them fruits and vegetables they like; add some dressing for dipping.

Replace French fries with a baked potato jazzed up with cottage cheese and cherry tomatoes on top. Mix unusual foods together, such as apples and peanut butter dip. Cut fruits and vegetables into bite-size pieces and fun shapes.

The trick is to give your kids a variety of good foods that are good for them. An apple one day; a pear another; then an orange. Variety isn't just the spice of life; it's important for developing healthy habits.

### Tip 3: Cut Portions

Kids need smaller portions. Think quarter-cups, tablespoons and half-sandwiches, depending on your child's size, age and activity level. For a toddler, think tablespoons—not cups.

Cut sandwiches in triangles, Beker says. That reduces the portion and increases the fun. What's a reasonable portion? Think finger foods that are easily grasped by little hands: cut-up carrots and apples.

"Don't expect your child to eat as much as you eat. If you do, they will get frustrated, and you'll get aggravated. They will also be eating too much and won't develop a healthy habit of eating to satiety. Instead, they will learn to eat by volume," Beker says.

Families should let children serve themselves at the table for better portion control, she adds.

### Tip 4: Read the Label

Understanding the [Nutrition Facts label](#) is a big step toward a healthier lunchbox. When stocking your pantry, narrow down your choices based on the label. Read the ingredients and check for sources of fats and sugars in the food, Beker says.

When shopping for food, pick one item at a time to read the Nutrition Facts label, she adds. That way you can focus your choices on foods that provide healthier nutrient contributions to the daily intake. Next time you go shopping, check the labels of still other products.

Just because something is low fat doesn't mean it has fewer calories. Sometimes another food with a little more fat is a better overall choice because it's more balanced.

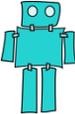
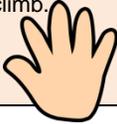
You don't need to add extra fat or sugar to make tasty and healthy meals for your kids, Beker says. But remember: You can't make them without planning.

Source: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ConsumerUpdatesEnEspañol/ucm412131.htm>

# September

## Get Moving Today!

## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make paper airplanes and practice throwing them – step and follow through toward the target.	Shake your body! Take turns leading a fun dance move to your favorite music. 	Spread wash cloths around the room and jump from one to another.	Staple two paper plates together to make a flying saucer. Go outside, throw it, run to it, and throw it again	Pretend to be robots and walk through your house, keeping your body stiff and straight. 	Make a set of shape cards. Pick a shape, find something that is that shape and run as fast as you can to touch it.	Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest? Which is the closest?
Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.	Clean Up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, and crab walk the item to a new spot.	Make two sets of ABC cards. Spread a few letters out on the floor. Collect the same letters from the other pile. Hold up a letter and identify a way to move - <i>gallop to the get the P</i> or <i>crawl to get the S</i> .	Practice walking with style today – walk happy, walk scared, walk angry, walk shy. Think of your own ways.	Use the shape cards from the 6th; put a number on each shape and spread the cards out on the floor. Move to a shape, read the number and jump over it that many times.	Stretch out on the floor and then curl, bounce, freeze, twist, stretch and bend your entire body.	Walk around the house three times – first fast, second backwards, and third like your favorite animal.
Using your ABC cards, spread out a few letters. This time use rolled up socks to work on underhand tossing to the correct letters.	Go for a walk and look for things that begin with different letters of the alphabet.	Using your entire body, make up a handshake with each person in your family – try to really add a lot of movement.	Collect 10 stuffed animals and put them in a line on one side of the room. How fast can you move one at a time to the other side of the room?	Again using the ABC cards, make a trail throughout the house or outside. Jump or hop or leap to each letter as you say its name.	Sit facing each other and roll a ball back and forth.	Point to something outside, say the object's name, and move to it as fast as you can. When you get there rest and then find something else.
"What am I?" Take turns moving like something as the other person copies and guesses what you are.	Do three with me! Wiggle, reach, and touch the floor. Touch your nose, lay on the floor, jump really high. You make some up.	Move to every room in your home and jump five times. Remember jumping is two feet!	Go for a color nature walk. Can you find fall colors?	Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.	Build an obstacle course outside – run, jump, crawl, and climb. 	I spy something red! Take turns saying, "I spy something ____" and then together run to that object.
Practice skipping. Step-hop-step-hop.	Practice your kicking skills. Can you kick far and near?	Find a stick and pretend to be in a parade as you move outside. 	Get outside and practice your running. Pump your arms forward and backward. Feel your heart!	Go on a walking nature scavenger hunt, looking for signs of fall.	Yell out a body part and see who can touch that part to the floor the fastest – without falling down.	Go back and do your favorite activity from this month! 

Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services

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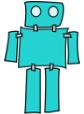
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# SEPTIEMBRE

“A Moverse Hoy”!!

CALENDARIO DE ACTIVIDADES

domingo	lunes	martes	miércoles	jueves	viernes	sábado
Haga aviones de papel y practique tirándolos – de un paso y tírelo hacia el blanco.	¡Sacude tu cuerpo! Toma turnos dirigiendo un divertido baile moviéndote a tu música favorita. 	Esparece toallitas por la habitación y salta de una a otra.	Engrapa dos platos de papel para hacer un platillo volador. Ve fuera, lánzalo, corre hacia él, y lánzalo de nuevo.	Pretende ser un robot y pasea a través de tu casa manteniendo tu cuerpo rígido y recto. 	Haz una serie de tarjetas de formas - selecciona una forma, encuentra algo que sea de esa forma y corre lo más rápido que puedas a tocarla.	Encuentra un punto de partida fuera o dentro y elige diferentes lugares a donde ir. Cuenta cuántos pasos se necesita para llegar a cada lugar. ¿Cuál es el más lejano? ¿Cuál es el más cercano?
Enrolla un montón de hojas de periódico. Utiliza botellas de plástico como blancos. Practica tirando con el brazo por encima la cabeza.	¡A limpiar! Esparece varios objetos pequeños en una habitación. Camina como un cangrejo hacia cada objeto, pon el objeto en tu barriga, camina como un cangrejo y pon el objeto un nuevo lugar.	Haz dos pares de tarjetas con el abecedario. Esparece algunas letras en el suelo. Recoge las mismas letras del otro par. Suspende una carta en el aire y determina una manera de moverse... galopea para obtener la letra P o gatea para obtener la letra S.	Hoy práctica caminando con estilo – camina feliz, camina con miedo, camina enojado, camina tímido. Piensa en tu propia manera de caminar.	Utiliza las tarjetas de formas del 6 de Agosto - pon un número en cada forma y esperece las tarjetas en el suelo. Muévete hacia una forma, lee el número y salta por encima de la tarjeta el número de veces que corresponde.	Estírate en el suelo... dóblate, salta, congélate, gira, estírate y dobla tu cuerpo entero.	Camina alrededor de la casa tres veces - primero rápidamente, después hacia atrás, y por último como tu animal favorito.
Usa las tarjetas del abecedario, esperece unas cuantas letras a través del piso. Esta vez usa calcetines enrollados para practicar lanzándolos a las letras correctas.	Ve a caminar y buscar cosas que comienzan con distintas letras del alfabeto.	Usando todo tu cuerpo, crea un estilo de apretón de manos/saludo de manos con cada persona en tu familia - trata de añadir una gran cantidad de movimiento.	Recoge 10 animales de peluche - ponlos en una línea en un lado de la sala. ¿Qué tan rápido puedes mover cada uno hacia el otro lado de la habitación?	Nuevamente usa las tarjetas del abecedario, crea una pista o camino por toda la casa o fuera. Salta o brinca sobre cada letra, mientras dices su nombre.	Siéntense uno frente al otro y rueden una pelota entre ustedes.	Señala algo afuera, di el nombre del objeto, muévete hacia el tan rápido como puedas. Al llegar descansa y busca otro objeto.
“¿Qué soy yo?” Toma turnos, moviéndote como algo mientras la otra persona copia lo que haces y adivina lo que eres.	¡Haz tres conmigo! Menéate, estira los brazos, toca el piso. Toca tu nariz, siéntate en el suelo, salta muy alto. Piensa en otras cosas que hacer.	Ve a cada habitación de la casa y salta cinco veces. ¡Salta con los dos pies!	Ve a dar un paseo de colores por la naturaleza. ¿Puedes encontrar los colores de otoño?	Enrolla un montón de hojas de periódico. Utiliza botellas de plástico como blancos. Practica tirando con el brazo por encima la cabeza.	Construye un curso de obstáculos afuera – corre, salta, gatea, y trepa. 	¡Veo algo rojo! Túrnense diciendo, "Veo algo ____" y luego corran juntos hacia ese objeto.
Practica saltando. Toma un paso-salta-toma un paso-salta.	Practica tus habilidades de patear. ¿Puedes patear lejos y cerca?	Encuentra un palo y pretende estar en un desfile mientras vas afuera. 	Ve afuera y corre. Mueve los brazos hacia adelante y atrás. ¡Siente tu corazón!	Ve a dar un paseo por la naturaleza y ve en busca de diferentes señales de otoño.	Grita el nombre de una parte del cuerpo y ve quien puede tocar esa parte contra el piso lo más rápido, sin caerse.	¡Vuelve a hacer tu actividad favorita de este mes! 

Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services

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# Tasty Tots

**BELLINGHAM MEMORIAL MIDDLE SCHOOL**  
Bellingham, Massachusetts

## Our Story

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The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

## School Team Members

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**SCHOOL NUTRITION PROFESSIONAL:** Jeanne Sheridan, SNS

**CHEF:** Rodney Poles (Whole Foods Market, partner chef from *Chefs Move to Schools* [chefsmoveetoschools.org](http://chefsmoveetoschools.org))

**COMMUNITY MEMBERS:** Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

**STUDENTS:** Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

## POPULAR CHOICE Recipes for Healthy Kids

A healthy, kid-friendly alternative to traditional 'fried' potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).



# Tasty Tots

## Ingredients

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**5 cups** Fresh sweet potatoes, peeled, coarsely shredded

**2 ½ cups** Canned low-sodium garbanzo beans (chickpeas), with liquid

**½ cup** Fresh green onions, finely chopped

**2 Tbsp** Vegetable oil

**½ tsp** Salt

**½ tsp** Granulated garlic

**¼ tsp** Ground black pepper

**½ tsp** Onion powder

**½ tsp** Ground cinnamon

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**Preparation Time: 30 minutes**

**Cooking Time: 35 minutes**

**Makes 36 Tots (serving size: 6 tots)**

## Directions

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1. Preheat oven to 350 °F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400 °F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.
5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

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6 tots provide ¾ cup red/orange vegetable and ¾ cup other vegetable.\*

\*The legumes in this recipe contribute to the *other vegetable* subgroup and not the *meat/meat alternate component* since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the *vegetable component* because of its function as a vegetable in the meal.

Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

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**Nutrients Per Serving:** Calories **172**, Protein **4 g**, Carbohydrate **28 g**, Dietary Fiber **5 g**, Total Fat **5 g**, Saturated Fat **0 g**, Cholesterol **0 mg**, Vitamin A **12609 IU (630 RAE)**, Vitamin C **13 mg**, Iron **1 mg**, Calcium **46 mg**, Sodium **377 mg**