



## Project Lean Recipes

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## BROCCOLI SALAD

8 servings

4 cups broccoli floweret's and sliced stems

½ cup raisins

1 cup broken cashew nut pieces

½ cup thin slices red onion

½ cup real bacon bits

Dressing:      ¾ cup regular mayonnaise

                  ¼ cup sugar

                  2 tablespoons vinegar

Toss together all ingredients except nuts and dressing. Cover let stand for one hour. Combine dressing ingredients, be sure sugar is dissolved. Add nuts and dressing to vegetables.

Toss and serve.

<b>Nutrition Facts</b>	
Serving Size (107g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 340</b>	<b>Calories from Fat 240</b>
% Daily Value*	
<b>Total Fat 26g</b>	<b>40%</b>
Saturated Fat 4.5g	<b>23%</b>
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 15g	
<b>Protein 7g</b>	
Vitamin A 25%	• Vitamin C 60%
Calcium 4%	• 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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## BROCCOLI SALAD (MODIFIED)

8 servings

4 cups broccoli floweret's and sliced stems

½ cup raisins

½ cup toasted slivered almonds

½ cup thin slices red onion

½ cup slivered dried Canadian bacon (1/4 lb.) or turkey ham  
dried in microwave and slivered

Dressing:     ¾ cup light mayonnaise (4g fat per  
                  tablespoon)  
                  ¼ cup sugar  
                  2 tablespoons vinegar

(1 cup Kraft Light Miracle Whip dressing can be used  
in place of mayonnaise mixed with sugar and  
vinegar.)

Toss together all ingredients except nuts and dressing. Cover  
let stand for one hour. Combine dressing ingredients, be sure  
sugar is dissolved. Add nuts and dressing to vegetables.  
Toss and serve.

<b>Nutrition Facts</b>	
Serving Size (105g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 200	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 15g	
<b>Protein</b> 5g	
Vitamin A 20%	• Vitamin C 60%
Calcium 4%	• Iron 6%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## CHICKEN LUAU

8 to 10 servings

2 ½ lbs. chicken thighs  
 1 ½ teaspoon salt  
 1 ½ cups coconut milk  
 2 lbs. luau leaves

Place chicken in large kettle. Cover with hot water, add salt, bring to a boil, pour off liquid and save. Rinse chicken in warm water. Replace chicken in liquid and simmer until tender. Wash luau leaves thoroughly; remove stems and fibrous parts of veins. Place in covered saucepan, adding 1 cup of water and cook until wilted. Drain. Add fresh hot water, and continue cooking. Drain and add water again and continue cooking once more. When tender, drain, then draw a sharp knife through the luau leaves to cut into small pieces. Add coconut milk to luau leaves. Place chicken in serving dish with 2 cups of hot broth with excess fat removed. Add luau and sauce to chicken and serve hot. Note: fresh or canned spinach may be used in place of luau leaves.

<b>Nutrition Facts</b>	
Serving Size (294g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 390	<b>Calories from Fat</b> 250
% Daily Value*	
<b>Total Fat</b> 28g	<b>44%</b>
Saturated Fat 13g	<b>65%</b>
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 490mg	<b>20%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 5g	<b>18%</b>
Sugars 1g	
<b>Protein</b> 27g	
Vitamin A 100%	• Vitamin C 90%
Calcium 10%	• Iron 20%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## CHICKEN LUAU (MODIFIED)

8 to 10 servings

2 lbs. skinned defatted chicken thighs  
 1 teaspoon salt  
 1 small piece of garlic, chopped very fine  
 1 ½ cups non-fat dry milk powder  
 ½ teaspoon coconut extract  
 2 lbs. luau leaves for 2 cups cooked ready to serve luau  
     (see original recipe for cooking directions)  
 5 cups of stock

Place chicken skins and bones in pot with salt. Simmer 1 or 2 hours, drain to bowl, refrigerate, remove fat. Place thighs in large skillet with garlic, sauté turning several times. Add 2 cups defatted chicken broth and simmer. Combine milk powder with 1 cup chicken broth to make paste, add coconut extract. Add 2 cups chicken broth to the cooked luau leaves and cook 20 to 30 minutes. Add milk mixture, combine chicken and luau leaves and serve.

<b>Nutrition Facts</b>	
Serving Size (347g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 1g	<b>6%</b>
<b>Cholesterol</b> 85mg	<b>29%</b>
<b>Sodium</b> 500mg	<b>21%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 6g	
<b>Protein</b> 32g	
Vitamin A 100%	• Vitamin C 90%
Calcium 25%	• Iron 25%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## CHINESE TARO CAKES

24 pieces

2 cups diced Chinese taro  
 1 ¼ cups water  
 1 cup flour  
 1 teaspoon salt  
 ¾ cup diced char siu  
 ½ cup soaked finely diced dried shrimps  
 ¼ cup diced ham  
 ½ cup chopped green onions  
 2 tablespoons chopped Chinese parsley  
 2 tablespoons chopped chung choi  
 2 eggs  
 2 teaspoons toasted sesame seeds

Oil 2 nine inch pans, round or square. Combine all of the ingredients except the eggs and sesame seeds. Pour into pans and cover with aluminum foil. Bake at 300 degrees for 1 hour and 15 minutes. Uncover and cool. Beat eggs and fry slowly. Cut eggs into thin strips. Cut taro cakes into diamond shapes. Garnish with eggs and sesame seeds.

<b>Nutrition Facts</b>	
Serving Size (81g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 1g	
<b>Protein</b> 7g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## CHINESE TARO CAKES (MODIFIED)

24 pieces

2 cups diced Chinese taro  
 1 ¼ cups water  
 1 cup flour  
 ½ teaspoon salt  
 ½ cup diced char siu  
 ½ cup diced turkey ham  
 ¼ cup soaked finely diced dried shrimps  
 ½ cup chopped green onions  
 2 tablespoons chopped Chinese parsley  
 2 tablespoons chopped chung choi  
 1 egg  
 2 egg whites  
 2 teaspoons toasted sesame seeds

Oil 2 nine inch pans, round or square. Combine all of the ingredients except the eggs and sesame seeds. Pour into pans and cover with aluminum foil. Bake at 300 degrees for 1 hour and 15 minutes. Uncover and cool. Beat eggs and fry slowly. Cut eggs into thin strips. Cut taro cakes into diamond shapes. Garnish with eggs and sesame seeds.

<b>Nutrition Facts</b>	
Serving Size (81g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 90</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0.5g	3%
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 1g	5%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## CHOW MEIN

6 servings

- ½ lb. Oriental noodles (Chow Mein)
- 3 tablespoons salad oil
- 1 lb. boneless lean steak, chicken or shelled shrimp
- 2 teaspoons sugar
- 1 teaspoon monosodium glutamate (MSG)
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons soy sauce
- 3 cups beef or chicken stock
- 3 tablespoons cornstarch
- 1 lb. chop suey vegetables

Boil noodles until tender; coat with 1 tablespoon of oil; fry in 1 tablespoon oil over medium heat; remove onto platter; keep warm. Heat remaining oil, sauté meat stirring constantly; cook 1 or 2 minutes until just done. Add sugar, MSG, salt, pepper, shoyu and 2 cups of the stock. Add cornstarch to remaining stock, add to meat mixture. Cook until sauce thickens. Blanch vegetables in boiling water; drain. Add to meat sauce. Simmer until vegetables are just wilted or crisp done.

<b>Nutrition Facts</b>	
Serving Size (298g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 400	Calories from Fat 220
% Daily Value*	
<b>Total Fat</b> 24g	<b>37%</b>
Saturated Fat 4.5g	<b>22%</b>
<b>Cholesterol</b> 30mg	<b>9%</b>
<b>Sodium</b> 1780mg	<b>74%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 3g	
<b>Protein</b> 18g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 20%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## CHOW MEIN (MODIFIED)

4 to 6 servings

8 oz. Chow Mein (Oriental type alimentary paste product)

¼ lb. pork cutlet

1 teaspoon oil

1 clove garlic, minced

1 teaspoon sugar

¼ teaspoon pepper

2 tablespoons shoyu

1 lb. chop suey vegetables

2 cups defatted chicken, beef or pork stock

1 cup consommé

3 tablespoons cornstarch

Cook noodles in boiling water 3 to 5 minutes (follow package instructions if there are any). Drain and rinse well in cold water. Sauté pork in non-stick skillet. Remove pork from skillet and set aside. Add oil and noodles to skillet, stir fry for approximately 2 minutes. Place noodles on platter and keep warm. Return pork to skillet with garlic, sugar, pepper, shoyu and 1 cup of the stock. Bring to boil, add vegetables and cook 1 or 2 minutes (vegetables should be crisp). Mix remaining stock with cornstarch, stir into vegetables, let thicken. Pour vegetables and gravy over noodles.

<b>Nutrition Facts</b>	
Serving Size (265g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
<b>Cholesterol</b> 15mg	<b>4%</b>
<b>Sodium</b> 870mg	<b>36%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 2g	
<b>Protein</b> 12g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 15%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## EGG FOO YUNG

4 servings

6 eggs  
 1 cup bean sprouts  
 1 cup fresh or drained canned shrimp  
 ¼ cup sliced or chopped water chestnuts  
 ½ cup finely sliced onions  
 ½ teaspoon salt  
 Dash pepper  
 ½ cup oil

Beat eggs lightly. Add bean sprouts, water chestnuts, shrimps, onions and seasonings. Mix lightly. Put vegetable oil into a heavy skillet to a depth of ½ inch and heat. Drop about ½ cup of egg mixture into oil for each patty. Brown both sides, cooking until bean sprouts are tender but still crisp.

**Gravy:** After cooking Egg Foo Yung, drain off most oil (approximately 2 ½ T.). Add 1 cup hot water, 1 chicken flavored bouillon cube and cook till dissolves. Add 1 tablespoon shoyu, ½ teaspoon sugar and scant tablespoon cornstarch to thicken. Cook until thick and smooth. Pour over patties and serve.

**Variation:** In place of bean sprouts, etc., use one package of chop suey vegetables or slice your own.

<b>Nutrition Facts</b>	
Serving Size (251g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 430	Calories from Fat 330
% Daily Value*	
<b>Total Fat</b> 37g	<b>56%</b>
Saturated Fat 4.5g	<b>23%</b>
<b>Cholesterol</b> 375mg	<b>125%</b>
<b>Sodium</b> 1050mg	<b>44%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 19g	
Vitamin A 10%	• Vitamin C 8%
Calcium 6%	• Iron 25%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## EGG FOO YUNG (MODIFIED)

4 servings

2 eggs

8 egg whites

1 cup chopped turkey ham (or 1 cup diced chicken breast or a combination of ½ cup shrimp & ½ cup chicken)

1 pkg. chop suey vegetables (or same vegetables as original recipe)

¼ teaspoon salt

¼ teaspoon pepper

1 tablespoon oil for frying

Beat eggs lightly. Add chop suey vegetables, ham and seasonings. Mix lightly. Rub Teflon skillet with oil after each patty. Drop about ½ cup of egg mixture into pan for each patty. Brown both sides, cooking until bean sprouts are tender but still crisp.

**Gravy:** After cooking Egg Foo Yung, add 2 cups chicken stock (can be made with bouillon cube, canned or homemade), and cook. Add 1 tablespoon shoyu, 1 teaspoon sugar and 1 ½ tablespoons cornstarch. Cook until thick and smooth. Pour over patties and serve.

<b>Nutrition Facts</b>	
Serving Size (307g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 190</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol 125mg</b>	<b>42%</b>
<b>Sodium 880mg</b>	<b>37%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 4g	
<b>Protein 20g</b>	
Vitamin A 4%	• Vitamin C 8%
Calcium 4%	• Iron 35%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## HAUPIA

16 servings

3 cups coconut milk  
 ½ cup cornstarch  
 ½ cup sugar  
 ¼ teaspoon salt

Combine sugar, cornstarch and salt. Add coconut milk, stir until smooth and dissolved. Cook over medium heat stirring constantly until it boils. Reduce heat and cook until mixture thickens. Pour into a square 8 x 8 x 2 pan, making a layer about 2 inches thick. Let cool, and cut into 2 inch squares. Serve Hawaiian style on a square of ti leaf.

<b>Nutrition Facts</b>	
Serving Size (55g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 130	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 8g	<b>42%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 8g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## HAUPIA (MODIFICATION #1)

16 servings

1 cup nonfat milk powder  
 2 cups water  
 1 cup coconut milk  
 ½ cup cornstarch  
 ½ cup sugar  
 ¼ teaspoon salt  
 ¼ teaspoon coconut extract

Combine sugar, cornstarch, milk powder, salt. Add water and coconut milk to dry ingredients, mix until smooth. Cook over medium heat stirring constantly until it starts to thicken, lower heat, add extract, continue to stir and cook for five more minutes. Pour into a square 8 x 8 x 2 pan, making a layer about 2 inches thick. Let cool, and cut into 2 inch squares. Serve Hawaiian style on a square of ti leaf.

<b>Nutrition Facts</b>	
Serving Size (62g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 100</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 3g	14%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 0g	0%
Sugars 10g	
<b>Protein 3g</b>	
Vitamin A 4%	• Vitamin C 2%
Calcium 10%	• Iron 0%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## HAUPIA (MODIFICATION #2)

16 servings

1 cup nonfat milk powder  
 2 ½ cups water  
 ½ cup coconut milk  
 ½ cup cornstarch  
 ½ cup sugar  
 ¼ teaspoon salt  
 ½ teaspoon coconut extract

Combine sugar, cornstarch, milk powder, salt. Add water and coconut milk to dry ingredients, mix until smooth. Cook over medium heat stirring constantly until it starts to thicken, lower heat, add extract, continue to stir and cook for five more minutes. Pour into a square 8 x 8 x 2 pan, making a layer about 2 inches thick. Let cool, and cut into 2 inch squares. Serve Hawaiian style on a square of ti leaf.

<b>Nutrition Facts</b>	
Serving Size (62g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 80</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 1.5g	7%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 0g	0%
Sugars 10g	
<b>Protein 3g</b>	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 0%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## HAUPIA (MODIFICATION #3)

16 servings

1 ½ cups nonfat milk powder  
 3 cups water  
 ½ cup cornstarch  
 ½ cup sugar  
 ¼ teaspoon salt  
 ½ teaspoon coconut extract

Combine sugar, cornstarch, milk powder, salt. Add water and coconut milk to dry ingredients, mix until smooth. Cook over medium heat stirring constantly until it starts to thicken, lower heat, add extract, continue to stir and cook for five more minutes. Pour into a square 8 x 8 x 2 pan, making a layer about 2 inches thick. Let cool, and cut into 2 inch squares. Serve Hawaiian style on a square of ti leaf.

<b>Nutrition Facts</b>	
Serving Size (66g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 0g	0%
Sugars 12g	
<b>Protein 4g</b>	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 0%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## HAWAIIAN CURRY

8 servings

- ½ cup butter or margarine
- 2 medium onions, chopped
- 2 apples, pared and diced
- 6 tablespoons flour
- 1 ½ tablespoons curry powder
- 1 ½ tablespoons brown sugar
- 2 cloves garlic, minced
- 1 teaspoon minced ginger root
- 2 cups stock
- 1 (12 oz.) can frozen coconut milk, thawed
- 1 ½ teaspoons salt
- 2 cups cooked shellfish, chicken, or cubed meat

In a skillet, melt butter and sauté onions and apples until onions are clear. Stir in flour, curry powder, sugar, garlic, and ginger. Cook over very low heat for one hour. Slowly stir in stock and coconut milk. Cook, stirring occasionally until thickened. Sauce may be strained if desired, and may be refrigerated overnight or frozen; reheat on low heat. Before serving, add salt and shellfish or meat to sauce. Heat thoroughly, but do not allow to boil or sauce will curdle.

Nutrition Facts:  
Top – Chicken  
Bottom - Shrimp

<b>Nutrition Facts</b>	
Serving Size (219g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 360	<b>Calories from Fat</b> 250
% Daily Value*	
<b>Total Fat</b> 28g	<b>43%</b>
Saturated Fat 17g	<b>87%</b>
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 620mg	<b>26%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 9g	
<b>Protein</b> 13g	
Vitamin A 10%	• Vitamin C 6%
Calcium 2%	• 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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving Size (205g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 290	<b>Calories from Fat</b> 200
% Daily Value*	
<b>Total Fat</b> 22g	<b>33%</b>
Saturated Fat 16g	<b>79%</b>
<b>Cholesterol</b> 85mg	<b>29%</b>
<b>Sodium</b> 650mg	<b>27%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 9g	
<b>Protein</b> 9g	
Vitamin A 10%	• Vitamin C 8%
Calcium 4%	• 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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## HAWAIIAN CURRY (MODIFIED)

8 servings

- 1 tablespoon canola oil
- 2 medium onions, chopped
- 2 apples, pared and diced
- 6 tablespoons flour
- 1 ½ tablespoons curry powder
- 1 ½ teaspoons brown sugar
- 2 cloves garlic, minced
- 1 teaspoon minced ginger root
- 2 ¾ cups stock
- ½ cup coconut milk
- 1 cup nonfat milk powder
- ½ teaspoon coconut extract
- 1 teaspoon salt
- 2 cups defatted chicken thighs (approx. ¾ lb.)

Brown flour in Teflon skillet, remove and set aside. Add oil to skillet, sauté onions and apples until clear. Combine curry powder, sugar, garlic and ginger. Stir into apple/onion mixture, cook 10 to 15 minutes. Add 1 cup stock, cook 45 to 50 minutes on very low heat. Combine flour, milk powder, stock, coconut milk, coconut extract and salt, stir into curry mixture. Cook until thick. Do not let it boil. Sauce may be refrigerated overnight or frozen; reheat on low heat. Before serving, add salt and chicken to sauce. Heat thoroughly, but do not allow to boil or sauce will curdle.

<b>Nutrition Facts</b>	
Serving Size (201g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4.5g	<b>22%</b>
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 12g	
<b>Protein</b> 17g	
Vitamin A 2%	• Vitamin C 8%
Calcium 15%	• Iron 8%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## PINEAPPLE SORBET

6-8 servings

2 cups canned pineapple chunks  
1 cup pineapple liquid from can  
1 envelope unflavored gelatin

Put gelatin in pineapple liquid; let stand 1 or 2 minutes. Heat to dissolve gelatin. Combine all ingredients and freeze until firm. Place frozen fruit and liquid in blender or processor. Blend until smooth and return to freezer for about 2 hours.

<b>Nutrition Facts</b>	
Serving Size (126g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 80</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber less than 1 gram	3%
Sugars 16g	
<b>Protein 1g</b>	
Vitamin A 0%	• Vitamin C 20%
Calcium 2%	• Iron 2%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## PORTUGUESE BEAN SOUP

12 servings

- 2 cups (1 lb.) red or pink dry beans
- 2 quarts boiling water
- 2 lbs. Portuguese sausage
- 1 onion, sliced
- 2 carrots, cubed
- 3 potatoes, cubed
- 1 small head cabbage (1 to 1 ¼ lb.), chopped
- 1 (8 Oz.) can tomato sauce
- 2 tablespoons salt
- 1 quart water

Wash beans and put into a large sauce pan or dutch oven. Cover with boiling water and let stand at least 1 hour. Cut sausage into ¼ inch slices; add with onion to the undrained beans. Cook on low heat for 1 hour or until beans are tender. Add remaining ingredients. Simmer 1 ½ hours, adding more water if necessary.

<b>Nutrition Facts</b>	
Serving Size (470g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 380	Calories from Fat 170
% Daily Value*	
<b>Total Fat</b> 19g	<b>30%</b>
Saturated Fat 7g	<b>34%</b>
<b>Cholesterol</b> 45mg	<b>16%</b>
<b>Sodium</b> 2010mg	<b>84%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 7g	<b>29%</b>
Sugars 7g	
<b>Protein</b> 20g	
Vitamin A 60%	• Vitamin C 45%
Calcium 10%	• Iron 20%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## PORTUGUESE BEAN SOUP (MODIFIED)

12 servings

2 cups (1 lb.) red or pink dry beans  
 2 ½ quarts water  
 ¼ lb. turkey ham (2 grams fat per oz.)  
 ½ lb. Portuguese sausage  
 1 large onion, sliced  
 3 carrots, cubed  
 3 potatoes, cubed  
 1 small head cabbage (1 to 1 ¼ lb.), chopped  
 1 (8 oz.) can tomato sauce  
 ½ cup catsup  
 ½ teaspoon Portuguese spice\*  
 1 teaspoon salt

Wash beans and put into a large pot. Add water, bring to a full rolling boil for five to ten minutes; remove from heat, let stand for several hours. Cut sausage and ham into slices; add with onion to undrained beans. Cook on low heat for 1 hour or until beans are tender. Add carrots, cook 10 to 15 minutes; add rest of ingredients and simmer for 1 to 1 ½ hours.

<b>Nutrition Facts</b>	
Serving Size (399g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 240	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 20mg	<b>6%</b>
<b>Sodium</b> 730mg	<b>30%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 8g	<b>31%</b>
Sugars 8g	
<b>Protein</b> 14g	
Vitamin A 90%	• Vitamin C 50%
Calcium 8%	• Iron 20%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## PORTUGUESE POT ROAST

10 to 12 servings

4 lb. chuck roast, 2 ½ inches thick  
 3 pkg. (5 oz.) Portuguese sausage  
 3 carrots  
 4 hard cooked eggs  
 3 tablespoons salad oil  
 12 small red potatoes, peeled  
 2 cans (8 oz.) tomato sauce  
 4 cups water  
 3 cups white wine  
 ¼ cup red wine  
 1 can (12 oz.) beer  
 3 cloves garlic, minced  
 ½ teaspoon salt  
 ½ teaspoon paprika  
 1 teaspoon ground fresh mild red pepper

Butterfly roast by slicing in half horizontally from one long side to within ½ inch of the other side; open and pound until flattened. Place one sausage, one carrot, and the eggs to about 2 inches from the edge of the roast, roll meat to enclose filling; tie with string. In a large saucepan, heat oil. Brown meat on all sides. Remove meat and place in a deep roaster. Cut remaining sausages and carrots into 1 ½ inch pieces; arrange potatoes around roast. Combine remaining ingredients and pour over roast. Cover, roast at 325 degrees F for 2 ½ hours or until meat is tender, turning roast every 30 minutes. Remove roast, slice crosswise, and arrange on serving platter with the vegetables and sausage. Serve with remaining sauce.

<b>Nutrition Facts</b>	
Serving Size (483g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 750	<b>Calories from Fat</b> 370
% Daily Value*	
<b>Total Fat</b> 41g	<b>63%</b>
Saturated Fat 14g	<b>72%</b>
<b>Cholesterol</b> 210mg	<b>69%</b>
<b>Sodium</b> 840mg	<b>35%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein</b> 42g	
Vitamin A 110%	• Vitamin C 45%
Calcium 6%	• Iron 35%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## PORTUGUESE POT ROAST (MODIFIED)

4 lb. 2 ½ inch thick bottom or top round, sirloin or shoulder  
clod\*

1 (5 oz.) Portuguese sausage

6 carrots

12 small red potatoes or 4 large white potatoes cut into 1/3's

2 (8 oz.) cans tomato sauce

3 to 4 large cloves garlic, minced

½ cup red wine

1 (12 oz.) can beer

1 ½ cups white wine

1 or 2 Hawaiian Chilies

½ teaspoon paprika

1 stalk celery

Butterfly roast by slicing in half horizontally from one long side to within ½ in of the other side; open and pound until flattened. Cut sausage in half lengthwise. Place sausage, carrot, and celery about 2 inches from long edge of roast, roll and tie. Brown meat in non-stick skillet until seared on all sides, place in deep roasting pan with cover. Cut remaining sausage and carrots into 1 ½ to 2 inch lengths; arrange around the roast with potatoes. At this point follow instructions for original roast.

\*Points of Information: The fat content per serving in the pot roast can vary with the selection of meat. The nutrition information above is based on sirloin with ¼" external fat and assumes the person would eat both lean and fat. Using top around (1/4" trim, lean and fat) would decrease the total fat per serving by 5 grams, from 23.4 to 18.4 g. Using sirloin with 0" external fat trim would decrease the fat by 9 grams to

14 grams of fat per serving. Selection really makes a difference!

<b>Nutrition Facts</b>	
Serving Size (486g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 540</b>	<b>Calories from Fat 170</b>
% Daily Value*	
<b>Total Fat 19g</b>	<b>29%</b>
Saturated Fat 7g	<b>36%</b>
<b>Cholesterol 110mg</b>	<b>36%</b>
<b>Sodium 500mg</b>	<b>21%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 5g	<b>18%</b>
Sugars 7g	
<b>Protein 42g</b>	
Vitamin A 200%	• Vitamin C 50%
Calcium 4%	• Iron 30%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## PORTUGUESE SPICE

Equal proportions of:    Anise seed  
                                  Cinnamon sticks  
                                  Whole cloves  
                                  Black pepper corns  
                                  Whole allspice (optional)

Warm at 250 degrees F for 20 minutes then grind in blender, food processor, or coffee/spice grinder. Be sure it is finely ground.

## SPARKLING LEMON LIME SORBET

6 servings

1 envelope unflavored gelatin  
 ½ - ¾ cup sugar  
 1 cup tap water  
 1 cup ginger ale or champagne  
 ½ cup fresh lemon juice  
 1/3 cup fresh lime juice

Combine sugar and gelatin in a four-cup measuring cup; add water and let stand for one to two minutes. Stir; place in microwave oven and heat 2-3 minutes to dissolve gelatin. Let cool and add remaining ingredients. Pour into a 9 inch square pan and freeze for 3 hours or until firm. With electric mixer or food processor, beat mixture until smooth. Return to pan; freeze until firm, approximately 2 hours. To serve, let stand at room temperature 15 minutes or until slightly softened. Garnish with fresh fruit, mint, lemon twist or cherries.

<b>Nutrition Facts</b>	
Serving Size (132g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 90</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 0g	0%
Sugars 21g	
<b>Protein 1g</b>	
Vitamin A 0%	• Vitamin C 20%
Calcium 0%	• Iron 0%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## STUFFED EGGPLANTS (NASU NO OGAWA YAKI)

6 servings

3 small round eggplants  
 ½ teaspoon salt  
 ½ lb. ground pork  
 1 egg, slightly beaten  
 1 tablespoon chopped onion  
 ¼ teaspoon minced ginger root  
 2 teaspoons soy sauce  
 2 tablespoons sugar  
 ½ teaspoon monosodium glutamate (MSG)  
 5 tablespoons stock  
 ½ cup miso

Preheat oven to 375 degrees. Oil a baking pan. Pare eggplants partially, leaving lengthwise strips unpared. Leaving stem on, cut in lengthwise halves. Make a lengthwise slit in each half; rub with salt. Combine pork, egg, onion, ginger, soy sauce, 1 teaspoon of the sugar, and half of the msg. Pack pork mixture into slashes of eggplants. Place halves in prepared pan. Bake 30 minutes. Add remaining sugar and MSG to stock; stir gradually into miso. Brush sauce on baked eggplants; broil 3 inches from broiler until bubbly.

<b>Nutrition Facts</b>	
Serving Size (359g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 240</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>16%</b>
Saturated Fat 3.5g	17%
<b>Cholesterol 65mg</b>	<b>21%</b>
<b>Sodium 1370mg</b>	<b>57%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 7g	30%
Sugars 16g	
<b>Protein 13g</b>	
Vitamin A 6%	• Vitamin C 8%
Calcium 2%	• Iron 8%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## STUFFED EGGPLANTS (NASU NO OGAWA YAKI) (MODIFIED)

6 servings

3 small round eggplants

½ teaspoon salt

½ lb. ground turkey or very lean ground pork

2 egg whites

1 tablespoon chopped onion

¼ teaspoon minced ginger root

2 teaspoons soy sauce

2 tablespoons sugar

5 tablespoons stock

1/3 cup miso

Prepare as in original.

<b>Nutrition Facts</b>	
Serving Size (217g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 140</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1g	5%
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 1010mg</b>	<b>42%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 4g	15%
Sugars 11g	
<b>Protein 11g</b>	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 6%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	