



NUTRITION INFORMATION



HEALTHY CHOICE® FROZEN MEALS

Complete Meals

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polysaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Riboflavin %DV	Niacin %DV	Folate %DV	Vitamin B12 %DV	Pantothenic Acid %DV	Phosphorus %DV	Magnesium %DV	Zinc %DV	Whole Grains (grams)	Diet Exchanges*	Weight Watchers® PointsPlus®**	
Beef																															
Beef Bourbon Dijon	312	280	60	7	2.5	0	1	3	40	600	700	33	6	17	20	100	20	4	10	10	10	25	25	—	20	10	20	ng	1 Starch, 1 Carbohydrate 1 Vegetable, 2 Lean Meat	7	
Beef Pot Roast	312	250	60	6	2.0	0	1	3	40	500	800	32	5	14	17	20	40	4	10	8	10	25	25	—	20	10	20	ng	1 Starch, 1½ Carbohydrate 1 Vegetable, 2 Lean Meat	6	
Beef Strips Portobello	319	280	70	7	2.0	0	1	3.5	45	560	630	35	7	9	18	20	30	6	10	10	10	20	—	20	8	20	ng	1 Starch, 1 Carbohydrate 1 Vegetable, 2 Lean Meat	7		
Classic Meat Loaf	340	350	80	8	3.0	0	1.5	3.5	35	550	730	54	8	18	15	0	35	4	10	8	10	10	15	—	20	10	10	ng	2 Starch, 1½ Carbohydrate 1 Medium Fat Meat, ½ Fat	9	
Homestyle Salisbury Steak	354	310	60	6	2.5	0	1	2.5	35	590	750	46	9	15	18	6	30	10	15	10	10	15	20	—	20	15	15	ng	1 Starch, 1½ Carbohydrate 1 Vegetable, 2 Lean Meat	7	

Poultry																															
Chicken Parmigiana	329	350	90	10	2.0	0	5	3	25	580	540	49	7	17	16	10	50	10	6	10	15	20	10	10	20	—	—	10	2 Starch, 1 Carbohydrate 2 Vegetable, 1 Lean Meat, 1 Fat	9	
Chicken Pesto Alfredo	326	310	70	7	2.5	0	1.5	3	40	560	650	43	7	16	18	20	15	10	6	10	15	10	10	10	25	10	—	9	1 Starch, 1 Carbohydrate Vegetable, 2 Lean Meat, ½ Fat	8	
Country Breaded Chicken	301	340	80	9	1.5	0	4	3	30	560	520	50	6	12	14	25	30	4	4	8	15	20	10	10	20	10	—	is	2½ Starch, 1 Carbohydrate 2 Lean Meat	9	
Country Herb Chicken	322	260	45	5	1.5	0	1.5	2	40	430	760	35	7	11	17	15	15	4	4	8	20	15	10	10	20	10	—	ng	1 Starch, 1 Carbohydrate 1 Vegetable, 1 Lean Meat	6	
Golden Roasted Turkey Breast	298	280	40	4	1.0	0	1.5	1.5	30	400	610	42	7	16	17	6	8	6	10	10	20	25	10	—	20	10	8	is	2 Starch, 1 Carbohydrate 2 Lean Meat	7	
Honey Roasted Turkey	306	250	40	4	1.5	0	1	1.5	40	350	700	36	5	20	17	70	50	6	4	6	20	35	15	—	15	10	6	ng	1 Starch, 1 Carbohydrate 1 Vegetable, 2 Lean Meat	6	
Oven Roasted Chicken	323	240	45	5	1.5	0	1	2.5	35	530	740	33	4	12	15	20	15	4	4	—	20	25	10	6	15	10	—	ng	1½ Starch, 1 Carbohydrate 1 Lean Meat, ½ Fat	6	
Roasted Sesame Chicken	335	440	80	9	1.5	0	4.5	3	20	470	510	75	9	23	15	25	25	6	15	—	15	10	40	—	25	15	10	14	2 Starch, 1 Carbohydrate 1 Vegetable, 2 Lean Meat	11	
Sweet and Sour Chicken	340	390	80	8	1.5	0	4	2.5	20	380	440	66	5	22	12	10	20	2	8	10	15	50	15	10	20	10	—	24	2 Starch, 2½ Carbohydrate 1 Vegetable, 1 Lean Meat, 1 Fat	10	
Sweet and Tangy Chicken BBQ	298	320	35	3.5	1.0	0	1	1.5	30	470	910	56	4	29	15	2	35	6	6	—	20	30	15	—	15	10	—	ng	2 Starch, 1½ Carbohydrate 1 Lean Meat	8	

Pasta & Seafood																															
Lemon Pepper Fish	303	330	40	4	1.0	0	1	2	30	480	480	58	4	18	14	8	50	4	6	10	—	35	20	—	20	15	—	25	2 Starch, 1 Carbohydrate 1 Vegetable, 1 Lean Meat	8	
Marinara Manicotti Formaggio	333	350	60	6	3.0	0	1	2	30	570	670	61	8	21	13	10	35	35	8	15	—	25	20	10	35	15	10	24	2 Starch, 1½ Carbohydrate 2 Lean Meat	9	

Select Entrées																															
Bacon & Smokey Cheddar Chicken	244	250	60	6	2.5	0	1	2.5	45	520	420	31	2	2	17	2	30	8	4	6	15	35	15	—	25	10	10	30	2 Lean Meat, 1½ Starch 1 Vegetable, ½ Fat	6	
Chicken Alfredo Florentine	241	210	40	4.5	2.0	0	1	1.5	35	560	280	25	4	2	17	15	2	10	6	8	10	15	10	10	20	10	10	15	2 Lean Meat, 1½ Starch, 1 Vegetable	5	
Jamaican-style Chicken	241	300	20	2.5	1.0	0	0.5	1	28	260	460	52	5	20	15	4	30	6	8	—	15	—	10	6	20	15	8	30	1 Lean Meat, 3 Starch ½ Fruit	8	
Ravioli Florentine Marinara	241	230	35	4	2.0	0	0.5	1	25	540	560	37	6	11	11	15	6	20	8	10	—	—	15	8	20	15	—	8	1 Lean Meat, 2 Starch, 1 Vegetable, ½ Fat	6	
Salisbury Steak	227	170	45	5	2.0	0	1	2	30	500	510	18	4	2	13	8	4	6	10	8	10	20	10	—	15	10	10	ng	1 Lean Meat, 1 Starch, 1 Vegetable, 1 Fat	4	
Slow Roasted Turkey Medallions	241	210	45	5	1.5	0	1.5	2	30	520	440	28	4	14	12	10	30	4	2	6	15	20	8	—	15	8	6	ng	1 Lean Meat, 1½ Starch ½ Fruit, ½ Fat	5	
Sweet Ginger Chicken	241	320	45	5	1.0	0	2	2	30	280	360	53	5	18	16	50	4	2	4	—	20	10	10	10	20	15	—	31	1 Lean Meat, 3 Starch, 1 Vegetable	8	
Sweet Pineapple Chicken	255	380	70	7	1.0	0	3.5	2	10	190	380	70	4	29	9	50	30	2	8	—	10	10	10	—	15	15	—	31	1 Lean Meat, 3 Starch 1 Vegetable, 1 Fruit, ½ Fat	10	

Ice Cream Novelties																															
Fudge Bars (18 CT)	76	100	15	1.5	1.0	0	0	0	5	80	230	16	5	5	4	10	0	10	4	—	—	—	—	—	—	—	—	—	—	1 Carbohydrate	2
Fudge Bars (6 CT)	64	80	15	1.5	1.0	0	0.5	0	5	65	200	13	4	4	3	8	0	10	2	—	—	—	—	—	—	—	—	—	1 Carbohydrate	2	
Pomegranate Blueberry (6 CT)	58	90	5	1	0.5	0	0	0	5	40	100	17	0	12	3	10	15	15	0	—	—	—	—	—	—	—	—	—	2 Carbohydrate	2	
Mocha Swirl Bar (6 CT)	64	90	10	1	0.5	0	0	0	<5	35	160	17	1	12	3	8	0	10	2	—	—	—	—	—	—	—	—	—	1 Carbohydrate	2	

ng = non-grain containing product; is = insignificant amount of whole grain

nutrition information updated August 1, 2011. For most current information always check the Nutrition Facts panel on the product.

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HEALTHY CHOICE® FROZEN MEALS

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polysaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Riboflavin %DV	Niacin %DV	Folate %DV	Vitamin B12 %DV	Pantothenic Acid %DV	Phosphorus %DV	Magnesium %DV	Zinc %DV	Whole Grains (grams)	Diet Exchanges*	Weight Watchers® PointsPlus***	
Café Steamers™																															
Beef																															
Roasted Beef Merlot	283	210	60	6	2.0	0	0.5	3	35	600	1000	23	5	5	15	40	6	6	10	6	10	15	50	—	25	10	15	ng	2 Lean Meat, 1 Starch, 1 Vegetable	5	
Beef Teriyaki	283	300	60	6.0	2.0	0	1.5	2	30	570	580	44	3	15	16	40	8	4	10	6	10	25	20	—	25	15	15	19	1 Lean Meat, 2½ Starch, 1 Vegetable, ½ Fat	7	
Poultry																															
Balsamic Garlic Chicken	283	250	35	3.5	1.0	0	1	1.5	30	540	480	36	5	7	18	10	8	4	10	10	15	15	10	10	25	15	8	14	2 Lean Meat, 2 Starch, 1 Vegetable	6	
Cajun Style Chicken & Shrimp	295	230	20	2	0.5	0	0.5	1	45	570	610	36	3	4	15	8	15	4	4	—	15	10	15	6	15	8	10	is	2 Lean Meat, 2 Starch	7	
Chicken Margherita	283	330	80	8	1.5	0	1.5	5	30	500	540	42	4	9	21	4	4	2	10	25	20	25	—	25	25	10	—	is	2 Lean Meat, 2½ Starch, 1 Vegetable, ½ Fat	8	
Chicken Red Pepper Alfredo	292	260	60	6	2.5	0	1.5	2	40	510	680	28	5	3	22	10	50	10	10	30	20	20	10	25	35	10	10	is	2 Lean Meat, 1½ Starch, 1 Vegetable, ½ Fat	6	
Grilled Basil Chicken	301	270	60	6	2.0	0	1	2.5	35	600	690	34	7	4	20	15	15	6	10	—	15	—	15	10	35	20	10	20	2 Lean Meat, 2 Starch, 1 Vegetable, ½ Fat	7	
Grilled Chicken Marinara	283	260	40	4	1.5	0	1	1.5	30	550	710	35	6	6	21	10	35	10	8	10	15	30	10	10	25	15	10	15	2 Lean Meat, 2 Starch, 1 Vegetable	6	
Lemon Garlic Chicken and Shrimp	283	260	60	6	2.0	0	1.5	2.5	45	600	350	35	6	4	16	20	8	6	10	15	8	35	20	20	15	8	13	2 Lean Meat, 1½ Starch, 1 Vegetable, ½ Fat	7		
Asian Inspired Café Steamers™																															
General Tso's Spicy Chicken	306	300	30	3	1.0	0	0.5	1.5	30	500	410	53	4	12	15	50	10	4	4	8	20	20	15	10	20	10	—	is	1 Lean Meat, 3 Starch, 1 Vegetable	8	
Kung Pao Chicken	283	290	60	6.0	1.5	0	2	2.5	35	560	550	42	3	13	17	6	40	2	4	—	20	20	10	8	25	15	8	21	1 Lean Meat, 2½ Starch, 1 Vegetable, ½ Fat	7	
Lemongrass Chicken and Shrimp	283	280	40	4.0	1.0	0	1.5	1.5	45	530	390	42	6	11	17	30	15	4	10	—	10	25	15	10	20	15	—	16	2 Lean Meat, 2 Starch, 1 Vegetable	7	
Pineapple Chicken	298	330	40	4.5	1.0	0	1.5	2	30	400	600	53	4	21	18	4	30	2	8	—	25	35	10	10	25	20	8	23	1 Lean Meat, 3 Starch, 1 Vegetable, ½ Fruit	8	
Sweet & Spicy Orange Zest Chicken	286	310	30	3	1.0	0	1	1	30	380	360	52	4	16	17	10	10	4	4	—	20	20	10	8	20	8	—	is	1 Lean Meat, 2½ Starch, 1 Vegetable, ½ Fat	8	
Sweet Sesame Chicken	292	340	45	5	1.0	0	2	2	30	330	500	55	4	19	17	40	4	2	6	6	20	15	15	—	20	10	6	is	1 Lean Meat, 3 Starch, 1 Vegetable, ½ Fat	9	
Thai-Style Chicken & Vegetables	283	260	40	4.5	1.0	0	1	2.5	35	500	390	36	4	10	18	30	6	4	8	—	10	20	15	—	20	10	8	12	2 Lean Meat, 2 Starch, 1 Vegetable	6	
All Natural Entrées																															
Asian Potstickers	283	340	45	4.5	1.0	0	2	1.5	0	560	220	66	5	14	8	30	8	4	6	6	4	25	—	—	15	15	8	22	4½ Starch, 1 Vegetable	8	
Lobster Cheese Ravioli	255	260	45	5	2.5	0	0.5	2	15	520	590	41	4	9	11	6	10	15	4	10	—	15	10	—	15	10	8	is	2 Starch, 1 Vegetable, 1 Lean Meat, ½ Fat	6	
Portabella Marsala Pasta	255	250	60	6	2.5	0	1	2.5	10	500	340	38	5	4	11	0	0	10	8	—	—	8	—	15	20	10	10	53	2 Starch, 1 Vegetable, 1 Medium Fat Meat	6	
Portabella Spinach Parmesan	266	270	60	7.0	2.0	0	1	3.5	10	550	260	39	5	3	11	6	40	10	8	—	—	6	10	—	15	10	10	52	2 Starch, 1 Vegetable, 1 Fat	7	
Pumpkin Squash Ravioli	261	310	60	6	2.0	0	1	2.5	10	600	410	52	5	7	9	40	10	8	6	10	4	35	8	—	15	10	8	8	3 Starch, 1 Vegetable, 1 Fat	8	
Roasted Red Pepper Marinara	241	270	60	6	2.0	0	1	2.5	5	560	420	43	5	6	9	10	10	15	6	—	—	15	10	—	15	10	8	50	2½ Starch, 1 Vegetable, 1 Fat	7	
Three Cheese Marinara	269	300	60	6	2.5	0	1	2.5	10	580	410	47	6	7	13	10	8	20	10	10	—	—	10	—	20	15	10	53	2 Starch, 1 Vegetable, 1 Medium Fat Meat	7	
Tomato Primavera Parmesan	255	230	45	5	2.0	0	1	2	20	490	530	37	5	7	10	50	20	25	8	8	—	10	10	—	20	10	8	8	2 Starch, 1 Vegetable, 1 Fat	6	
Steaming Entrées																															
Chicken Romano Fresca	227	230	45	5	2.0	0	1	2	25	490	340	29	4	0	16	15	20	4	8	6	8	25	6	10	20	10	—	18	2 Lean Meat, 1½ Starch, 1 Vegetable	6	
Garlic Herb Shrimp	241	260	70	7	2.0	0	1.5	3.5	35	570	240	37	5	6	11	2	4	2	6	—	—	20	10	—	15	10	6	21	2 Starch, 1 Vegetable, 1 Lean Meat, 1 Fat	6	
Honey Balsamic Chicken	255	220	35	3.5	1.0	0	0.5	2	25	540	850	34	5	5	12	8	10	2	6	—	15	20	10	—	15	10	—	is	2 Starch, 1 Vegetable, 1 Lean Meat, 1 Fat	5	
Lemon Herb Chicken	247	200	35	3.5	1.0	0	1	1.5	30	480	480	26	3	3	15	6	10	4	6	—	10	20	8	8	15	10	6	13	1 Lean Meat, 1½ Starch, 1 Vegetable, ½ Fat	5	
Portabella Parmesan Risotto	269	220	35	4	2.0	0	1	1	10	590	780	35	4	4	9	10	10	10	6	—	—	25	8	—	20	15	10	28	2 Starch, 1 Vegetable, 1 Fat	5	
Roasted Chicken Verde	244	230	35	3.5	1.0	0	1	1.5	30	500	560	35	3	5	14	10	20	2	6	—	15	15	8	8	20	15	—	28	2 Starch, 1 Vegetable, 1 Lean Meat	6	
Rosemary Chicken & Sweet Potatoes	255	180	25	2.5	1.0	0	0.5	1	30	500	620	26	5	10	12	100	6	4	4	—	10	15	10	8	15	10	—	is	1 Starch, 1 Vegetable, 1 Lean Meat	4	
Sesame Glazed Chicken	255	330	45	5	1.5	0	1.5	2	25	590	510	56	3	18	14	20	20	4	6	—	10	20	—	6	20	20	8	28	2½ Starch, 1 Vegetable, 1 Lean Meat, 1 Carb.	8	
Sundried Tomato Chicken	248	320	25	3	0.5	0	1	1.5	25	290	600	53	5	5	18	10	4	4	10	—	20	30	—	8	20	15	8	14	1½ Starch, 1 Vegetable, 2 Lean Meat	8	

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HEALTHY CHOICE® GROCERY PRODUCTS

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Whole Grains (grams)	Diet Exchanges*	Weight Watchers® PointsPlus®**
Fresh Mixers™																				
Beef																				
Steak Portobello	215	270	45	5	1.5	0	20	600	610	41	4	3	15	2	4	4	10	6	–	7
Ziti & Meat Sauce	197	340	50	6	2.0	0	20	600	990	56	8	10	15	10	0	4	10	8	–	8
Poultry																				
Creamy Roasted Garlic Chicken	210	310	50	6	2.0	0	10	600	540	50	6	3	15	10	4	4	10	28	–	8
Sesame Teriyaki Chicken	225	380	50	6	1.5	0	20	600	370	69	3	15	13	0	0	0	2	is	–	10
Sweet & Sour Chicken	225	370	25	2.5	0.5	0	15	400	250	76	3	26	10	10	6	2	10	is	–	10
Tuscan Style Chicken	211	320	45	5	1.5	0	25	540	770	50	6	4	18	4	2	10	8	28	–	8
Pasta & Seafood																				
Balsamic Vegetable Medley	196	290	25	2.5	0.5	0	0	510	400	56	7	5	10	2	0	10	10	28	–	7
Creamy Tomato Basil Penne	196	280	45	5	1.0	0	<5	510	790	50	5	5	9	10	0	8	10	28	–	7
Pasta Margherita	196	270	30	3.5	0.5	0	0	600	430	52	4	7	8	4	0	8	10	is	–	7
Rotini & Zesty Marinara Sauce	197	290	25	3.0	0.5	0	0	500	770	54	7	9	10	10	0	0	10	8	–	7
Pasta Sauces																				
Garlic & Herb Pasta Sauce	126	60	0	0	0.0	0	0	380	550	13	3	7	2	6	10	2	6	–	2 Vegetables	1
Traditional Pasta Sauce	126	60	0	0	0.0	0	0	420	550	14	4	8	4	4	15	2	4	–	2 Vegetables	2

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HEALTHY CHOICE® GROCERY PRODUCTS

	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Diet Exchanges*	Weight Watchers® Points Plus®**
Soups																			
Canned																			
Bean & Ham	249	180	25	2.5	1.0	0	10	480	729	28	6	3	11	4	0	8	10	½ Lean Meat, 2 Starch	4
Beef Pot Roast	245	100	5	1	0.0	0	5	430	467	18	3	2	6	15	0	2	0	1 Lean Meat, 1 Starch	3
Chicken & Dumpling	251	150	25	3	1.0	0	25	480	361	22	3	2	8	6	6	4	4	1 Very Lean Meat, 1½ Carb	4
Chicken Noodle	243	90	10	1	0.0	0	15	390	403	12	1	2	8	25	4	2	4	1 Lean Meat, 1 Starch	2
Chicken Tortilla	239	140	15	1.5	0.0	0	15	390	540	23	6	3	9	0	4	4	8	1 Lean Meat, 1 Starch, 1 Vegetable	3
Chicken with Rice	240	110	20	2	1.0	0	10	390	544	17	2	<1	5	10	4	4	4	1 Very Lean Meat, 1 Carb	3
Country Vegetable	246	100	5	0.5	0.0	0	5	480	558	20	5	4	4	20	2	4	8	1 Starch, 1 Vegetable	2
Fiesta Chicken	225	100	15	1.5	0.0	0	5	420	378	15	3	<1	6	4	2	4	0	1 Starch	2
Garden Vegetable	246	130	5	0.5	0.0	0	5	450	578	25	5	4	5	6	2	4	6	1 Starch, 2 Vegetable	3
Hearty Chicken	249	130	20	2	0.5	0	15	480	465	18	3	2	8	10	6	4	2	½ Lean Meat, 1 Starch, 1 Vegetable	3
Italian Style Wedding	245	120	20	2.5	1.0	0	10	430	414	16	3	1	9	8	2	6	8	1 Lean Meat, 1 Starch	3
New England Clam Chowder	239	110	10	1.5	1.0	0	10	480	559	20	3	3	4	0	0	4	0	1 Starch, 1 Vegetable	3
Split Pea & Ham	250	160	25	2.5	1.0	0	10	470	622	27	6	3	12	15	0	4	8	2 Starch	4
Tomato Basil	250	100	0	0	0.0	0	0	450	357	22	3	10	2	10	0	2	4	2 Carb	2
Vegetable Beef	252	130	10	1.5	0.0	0	10	420	609	21	4	4	9	4	0	4	8	½ Lean Meat, 1 Starch, 1 Vegetable	3
Zesty Gumbo	244	100	20	2	0.5	0	10	460	488	15	2	2	5	2	0	6	4	1 Starch, 1 Vegetable	2
Microwavable Bowl (MWB)																			
Beef Pot Roast MWB	245	110	5	0.5	0.0	0	10	470	499	19	3	2	7	15	0	2	6	1 Lean Meat, 1 Starch	3
Beef Steak & Noodle MWB	245	100	15	1.5	0.5	0	10	340	254	15	2	3	6	15	0	2	4	1 Lean Meat, 1 Starch	2
Cheese Tortellini MWB	221	90	10	1	0.0	0	<5	390	287	18	3	7	3	6	0	8	4	½ Starch, 2 Vegetables	3
Chicken Noodle MWB	246	90	10	1	0.0	0	15	390	521	12	1	0	8	25	4	2	4	1 Lean Meat, 1 Starch	2
Chicken Tortilla MWB	245	140	15	1.5	0.5	0	15	420	485	23	5	3	9	2	0	2	6	1 Lean Meat, 1 Starch, 1 Vegetable	2
Chicken with Rice MWB	240	90	20	2	0.5	0	10	390	417	13	1	<1	6	20	4	4	2	1 Starch, 1 Vegetable	3
Country Vegetable MWB	246	90	0	0	0.0	0	5	480	644	18	4	4	4	20	0	4	4	1 Starch, 1 Vegetable	2
Hearty Vegetable Barley MWB	250	140	10	1	0.0	0	5	430	300	30	4	6	4	8	0	4	6	½ Starch, 1 Vegetable	4
Red Beans & Rice MWB	222	150	20	2	0.0	0	<5	390	295	27	5	4	4	2	4	6	8	1½ Starch, 1 Vegetable	3
Tomato Basil MWB	250	110	0	0.5	0.0	0	0	390	600	25	0	15	2	20	8	4	4	2 Carb	4
Traditional Lentil MWB	250	150	15	2	0.5	0	5	440	360	27	5	4	7	15	0	8	15	1½ Starch, 1 Vegetable	3

Nutrition information updated August 1, 2011. For most current information always check the Nutrition Facts panel on the product.

*Diet Exchanges are based on Exchange Lists for Meals ©2003; Choose Your Foods: Exchange Lists for Foods ©2008 by the American Diabetes Assoc., Inc. and the American Dietetic Assoc.

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