

Appendix E

Nutrient Analysis of Food Box (pre & post)

Food Box Pre

Nutrition Facts	Sunny Delight	Cherrios	Spaghetti	Applesauce	Mac & Cheese	Spaghetti Sauce	Peanut Butter	Chicken Broth	Pork and Beans	Tuna Fish	Corn	Green Beans	Condensed Soup	Pinto Beans	Total	Per Serving
Serving size	8 fl oz	1 cup	2 oz	1/2 cup	1 cup	1/2 cup	2 Tbsp	1/2 cup	1/2 cup	2 oz	1/2 cup	1/2 cup	1/2 cup	16 oz bag		
Servings per container	1	9	8	11	3	5	14	2.5	3.5	2	3.5	3.5	2.5	1/4 cup	82	
Calories	120	100	210	50	380	60	190	60	110	60	70	30	90	90	1620	20
Total Fat (gm)		2	1	0	15	1	16	1.5	1	0.5	1.5	0	5	0	45	1
Trans Fat (gm)		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)		0	0	0	0	0	0	10	0	25	0	0	0	0	35	0
Sodium (mg)	190	160	0	10	580	610	150	890	390	280	275	350	620	5	4510	55
Total Carbohydrate (gm)	29	20	41	13	51	10	7	8	23	0	14	5	11	20	252	3
Dietary Fiber (gm)		3	2	2	2	3	2	0	6	0	2	2	1	5	30	0
Sugars (gm)	27	1	2	9	7	6	3	0	7	0	7	2	2	1	74	1
Protein (gm)		3	7	0	8	2	7	3	6	13	2	1	1	7	60	1

Amount per Serving

Food Box Post

	Apple Juice	100% Whole Grain Oats	100% Whole Grain Spaghetti	Peaches packed in juice	Mac & Cheese	Spaghetti Sauce	Peanut Butter	Non Fat Dry Milk	Minute Brown Rice	Chunk Canned Chicken
Nutrition Facts	64 fl oz	42 oz	12 oz box	15 oz can	7.5 oz box	26.5 oz can	18 oz jar	25.6 oz box	14 oz	13 oz can
Serving size	8 fl oz	1/2 cup	2 oz	1/2 cup	1/2 cup	1/2 cup	2 Tbsp	1/3 c dry =	2/3 cup	1/3 cup
Servings per container	8	30	6	3.5	2-3	6	16	32	15	5
Calories	110	150	200	60	260	60	190	80	150	70
Total Fat (gm)	0	2.5	1.5	0	2	1	16	0	1.5	1.5
Trans Fat (gm)	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	0	0	0	0	0	0	0	<5	0	40
Sodium (mg)	35	0	5	10	570	590	150	125	10	250
Total Carbohydrate (g)	28	27	39	14	50	12	7	12	34	0
Dietary Fiber (gm)	0	4	5	1	2	2	2	0	2	0
Sugars (gm)	28	1	2	11	5	4	3	12	0	0
Protein (gm)	0	6	9	1	9	2	8	8	3	12

Amount per Serving

	Frozen Mixed Veg.	Frozen Green Beans	Frozen Broccoli cuts	Chicken Noodle Condensed Soup	Pinto Beans	Fresh Carrots	Fresh Apples	Fresh Oranges	Total	Per Serving
Nutrition Facts	12 oz pkg	12 oz pkg	12 oz pkg	10.5 oz can	16 oz bag		5 lb bag	5 lb bag		
Serving size	2/3 cup	2/3 cup	1 cup	1/2 cup	1/4 cup	100 gm	medium			
Servings per container	4	4	4	2.5	13	1	15	15	180	
Calories	60	30	30	70	90	35	95	69	1809	10
Total Fat (gm)	0	0	0	3	0	0	0	0	30	0
Trans Fat (gm)	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	0	0	0	15	0	0	0	0	55	0
Sodium (mg)	15	0	20	660	5	78	2	1	2526	14
Total Carbohydrate (g)	11	5	4	7	20	8	25	18	321	2
Dietary Fiber (gm)	2	2	2	1	5	3	4	3	40	0
Sugars (gm)	4	2	2	0	1	5	19	12	111	1
Protein (gm)	2	1	2	3	7	1	1	1	75	0

Amount per Serving