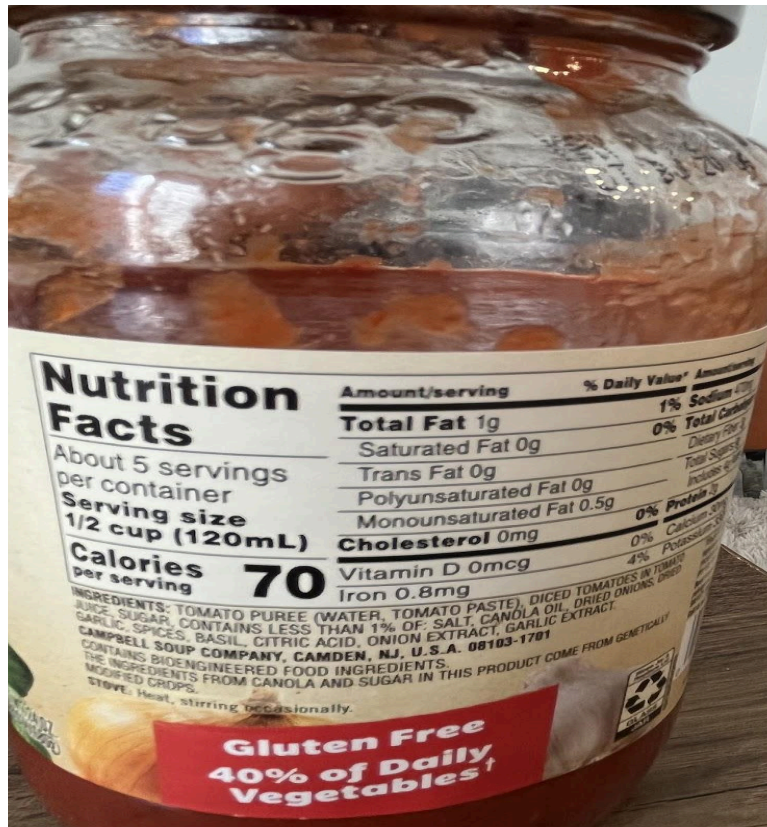
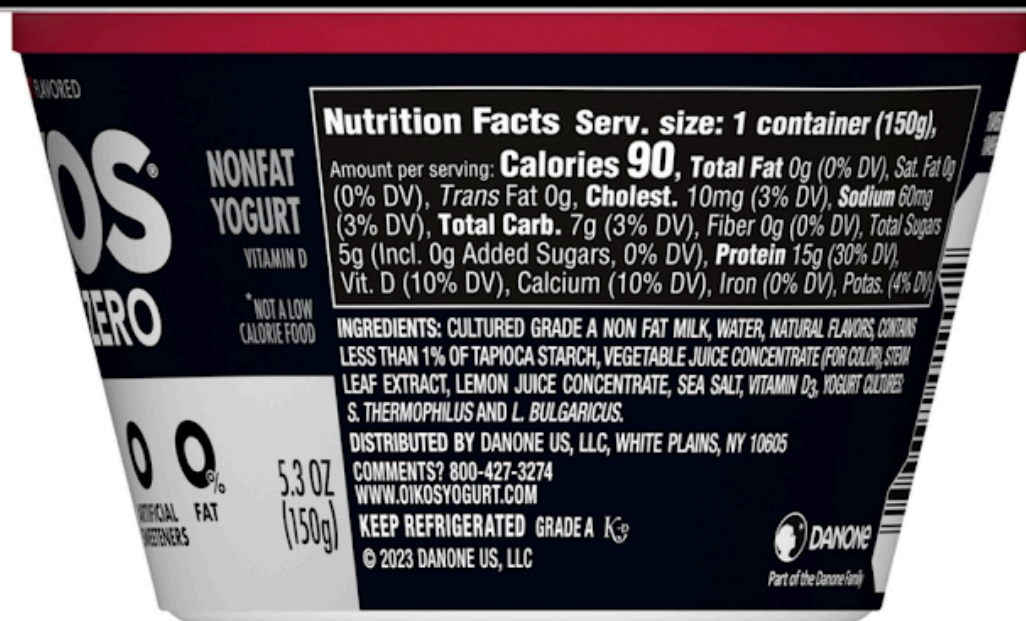


Food Items and Nutritional Information

Pasta



Oikos Nonfat Greek Yogurt



Ground Turkey



Whole Wheat Pasta Noodles

Nutrition Facts	
8 servings per container	
Serving size	2 oz (56g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Soluble Fiber 2g	
Insoluble Fiber 5g	
Total Sugars 1g	
Protein 8g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 2mg	10%
Potassium 274mg	6%
Thiamin 0.5mg	40%
Riboflavin 0.3mg	25%
Niacin 7mg	45%
Folate 71mcg DFE	20%
Phosphorus 224mg	20%
Magnesium 54mg	15%
Zinc 2mg	20%
Manganese 1.5mg	70%
Not a significant source of added sugars.	
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
INGREDIENTS: WHOLE GRAIN DURUM WHEAT FLOUR. CONTAINS WHEAT INGREDIENTS.	
Barilla America, Inc. - Northbrook, IL 60062	
Made in the U.S.A. with U.S.A. and imported ingredients.	

White Rice

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
About 20 servings per container		Total Fat 0g	0%	Total Carbohydrate 36g	13%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 1g	4%
1/4 cup (45g)		Trans Fat 0g		Total Sugars 0g	
Calories		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
per serving		Sodium 0mg	0%	Protein 3g	
160		Vitamin D 0mcg 0%		Calcium 0mg 0%	
		Potassium 50mg 2%		Iron 1mg 6%	
		Folate 118mcg DFE (68mcg folic acid) 30%		Thiamin 0.2mg 15%	
				Niacin 2mg 15%	
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.					

Nutritional Breakdown for each Food Item

Whole Grain Pasta:

- Serving Size: 56g
- Energy: 180 calories
- Cost: \$2.00/8 servings per container
 - \$0.25 per serving
- Sodium: 0g
- Protein: 8g
- Vitamin D: 0g
- Calcium: 0.017g
- Iron: 0.002g
- Potassium: 0.274g

Traditional Pasta Sauce:

- Serving Size: 136g
- Energy: 70 calories
- Cost: \$2.80/5 servings per container
 - \$0.56 per serving
- Sodium: 0.47g
- Protein: 2g
- Vitamin D: 0g
- Calcium: 0.03g
- Iron: 0.0008g
- Potassium: 0.33g

White Rice:

- Serving Size: 45g
- Energy: 160 calories
- Cost: \$2.80/20 servings per container
 - \$0.14 per serving
- Sodium: 0g
- Protein: 3g
- Vitamin D: 0g
- Calcium: 0g
- Iron: 0.001g
- Potassium: 0.05g

Ground Turkey:

- Serving Size: 112g

- Energy: 120 calories
- Cost: \$7.48/4 servings per container
 - \$1.87 per serving
- Sodium: 0.085g
- Protein: 27g
- Vitamin D: 0g
- Calcium: 0.003g
- Iron: 0.001g
- Potassium: 0.27g

Oikos Triple Zero Nonfat Greek Yogurt:

- Serving Size: 150g
- Energy: 90 calories
- Cost: \$1.49/1 serving per container
 - \$1.49 per serving
- Sodium: 0.06g
- Protein: 15g
- Vitamin D: 0.000002g
- Calcium: 0.13g
- Iron: 0g
- Potassium: 0.188g