

IN THE KNOW ABOUT NUTRITION

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Be Well, Live Well: Be Able

Read the Label!



Limit saturated fat to less than 10% of calories per day



Lower sodium to less than 2,300 milligrams (mg) per day



Limit added sugars to less than 10% calories per day

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%



Use the serving size and calories to determine if the food meets your food goals

%

Daily Value

5% or less is low,
 10% is moderate, and
 20% is high in a nutrient



Get more of these nutrients:
Vitamin D, Calcium, Iron and Potassium

* The % Daily Value (DV) 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.

Nutrients to Limit:	Instead of:	Choose:
Saturated Fat	Butter, lard, shortening, coconut oil, or palm oil	> Canola, olive, sunflower, corn and safflower oils
Sodium	Canned, packaged, or ready-to-eat foods	> Foods labeled as reduced sodium, low sodium, or no salt added
Added Sugars	Sugar sweetened cereals, cookies, jams, or jellies	> Oatmeal with fruit, graham crackers, plain animal crackers, or 100% fruit

Recipe: Mexican Pozole Soup



Pozole

Nutrition Facts

10 servings per container
Serving size **1 cup**

Amount per serving
Calories 200

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 550mg	24%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 2mg	10%
Potassium 509mg	10%

*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

- 2 pounds skinless boneless chicken thighs
- 1 can (15-ounces) stewed tomatoes, no salt added
- 1/4 cup tomato paste
- 1 can (30 ounces) hominy, drained
- 1 large onion
- 1 can (4 ounces) diced green chilies
- 4-6 garlic cloves, finely chopped
- 2 teaspoons dried oregano flakes (may be sold as leaves)
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup water
- 1/4 cup cilantro, chopped (or more to taste)

Directions

Makes: 10 1-cup servings
Prep: ____ minutes

- 1) Wash your hands and clean your cooking area.
 - 2) Place the meat in a 4-quart slow cooker. Add the stewed tomatoes, tomato paste, hominy, onion, chilies, garlic, oregano, cumin, salt, and pepper.
 - 3) Pour in 1/2 cup water and stir to combine all ingredients.
 - 4) Cover, and cook on low for 6-7 hours or on high for 3-4 hours.
 - 5) Make sure the meat reaches an internal temperature of 145 °F for pork or 165 °F for chicken. Shred the meat before serving.
 - 6) Top with chopped cilantro and enjoy!
- Note:** If you have pork loin on hand, you can use this in place of chicken thighs.

Designed by: Marissa Albers, Technician II, Food & Nutrition Unit
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