

TOP 5

REQUESTS FOR CANNED AND PANTRY FOOD DONATIONS (AND THEIR HEALTHIER OPTIONS)

1 Canned proteins: tuna, chicken, beans

TIP: Get low-sodium versions of proteins packaged in water vs. oil.

2 Canned vegetables: green beans, corn, tomatoes

TIP: Read the label to try and find the least amount of sodium.

3 Canned fruits: peaches, pears, pineapples, mixed fruit

TIP: Find fruits packaged with their own juices, not syrup.

4 Brown rice, whole grain pasta, low-sodium crackers

5 Canned meals: chili, soup, spaghetti

TIP: Choose canned meals with less salt, more vegetables, and whole-grain pasta.

SHOP SMART

Compare nutrition labels! What is the nutrition value of protein, carbohydrates, fat, sodium and potassium in one serving?

- Check serving size first - how many servings are in one container? The nutrients listed on the label are only for one serving.

Nutrition Facts

6 servings per container	
Serving size	1 cup (140g)
Amount Per Serving	
Calories	170
	<small>% Daily Value*</small>
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 8g Added Sugars	16%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%

- Limit saturated fats and trans fats.

- Opt for whole grain carbohydrates and reduce added sugars.

- Choose higher protein products.

Use Daily Value (DV) as a guide

- Use a 2,000 calorie diet as a reference for an average adult daily intake, but individual needs may vary.
- 5% or less of a nutrient is considered low - ideally you want foods lower in saturated fat and sodium.
- 20% or more of a nutrient is considered high - ideally you want foods higher in potassium, calcium, and protein.
- Recommend foods with 5 grams of added sugar or less per serving.

KŌKUA ^{THE} NEED

★ WITH ★

HEALTHIER FOOD OPTIONS



American Heart Association.

ADDITIONAL TIP:

When choosing food items, always look for the lowest sodium options by comparing labels!

Even comfort food, in moderation, can be chosen more wisely.

The American Heart Association recommends limiting your sodium intake to 600mg per meal, or less.

RAMEN A

FOR REFERENCE ONLY - PLEASE AVOID DONATING

Nutrition Facts

1 servings per container
Serving size
1 package (64g)
Calories **290**
 per serving

Amount/serving	% Daily Value*
Total Fat 11g	14%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 1070mg	47%
Vitamin D 0mcg	0%
Potassium 320mg	6%

Amount/serving	% Daily Value*
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Iron 2.5mg	15%

*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.

Pre-mixed with seasoning packet (cannot alter sodium content easily)

1070mg sodium per serving

Shake top seasoning off or rinse with water to reduce sodium

RAMEN B

RECOMMENDED DONATION DUE TO SEPARATE SEASONING PACKET

LOOK FOR: SEPARATE SEASONING PACKET
 (Can control amount of sodium added)

RAMEN NOODLE SODIUM LEVELS

Ramen with no seasoning packet, but with flavor substitutes (e.g. black pepper, garlic, onions, bay leaves) - **250mg sodium per serving**

AHA-recommended amount of sodium per meal - **600mg sodium per serving**

Ramen with half packet of seasoning (plus added canned, fresh or frozen vegetables) - **710mg sodium per serving**

Ramen with full packet of seasoning - **1070mg sodium per serving**

250mg

600mg

710mg

1070mg

REGULAR CANNED MEAT
 (For reference only - please avoid donating)

Nutrition Facts	
6 servings per container	
Serving size	2 oz (56g)
Amount Per Serving	
Calories	180
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 790mg	34%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%

Not a significant source of 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.

BACON-FLAVORED CANNED MEAT
 (Lowest in sodium)

Nutrition Facts	
6 servings per container	
Serving size	2 oz (56g)
Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 420mg	18%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 7g	14%

Not a significant source of 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.

OVEN ROASTED TURKEY-FLAVORED CANNED MEAT
 (Lowest in calories and sugar)

Nutrition Facts	
6 servings per container	
Serving size	2 oz (56g)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 520mg	23%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	18%

Not a significant source of 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.

ADDITIONAL TIP:

When selecting items that are labeled as "Less/Reduced Sodium" or "No Salt Added," make sure to view nutrition facts label on the back of the package because some may contain salt or sugar substitutes.

