



NASA Exchange Cafeteria

The following two dinners are available at the NASA Exchange Cafeteria.

Nutrition Facts

Serving Size 1 Chicken Dinner
Serving Per Container 1

Amount Per Serving	
Calories 1271	Calories from Fat 459
	% Daily Value *
Total Fat 51g	78%
Saturated Fat 16g	82%
Trans Fat N/A	
Cholesterol 335mg	112%
Sodium 2078mg	87%
Total Carbohydrate 77g	26%
Dietary Fiber 7g	27%
Sugars N/A	
Protein 126g	
Vitamin A 51%	Vitamin C 206%
Calcium 33%	Iron 57%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Which is a Healthier Diet?

Chicken Dinner



Fish Dinner



Healthy Heart.
The Right Choice.

Nutrition Facts

Serving Size 1 Fish Dinner
Serving Per Container 1

Amount Per Serving	
Calories 264	Calories from Fat 63
	% Daily Value *
Total Fat 7g	11%
Saturated Fat 1g	6%
Trans Fat N/A	
Cholesterol 40mg	13%
Sodium 387mg	16%
Total Carbohydrate 33g	11%
Dietary Fiber 9g	35%
Sugars N/A	
Protein 22g	
Vitamin A 90%	Vitamin C 216%
Calcium 18%	Iron 24%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Can You Tell by the Numbers? If not, here's a quick lesson.

The first section on the Nutrition Facts panel is the serving size and number of servings in the package. Serving sizes are provided in units, such as cups or pieces, followed by the metric amount, e.g., the number of grams. Pay attention to the serving size, how many servings are in a package, and how much you actually eat. Note: If you consume a double serving in a meal, then you've just doubled all the values shown on the Nutritional Facts label.

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified in red on the label. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. For example, getting enough calcium can reduce the risk of osteoporosis, in which bones become brittle and break as one ages.

Nutrition Facts

Serving Size 1 cup (228g)
Serving Per Container 2

Amount Per Serving	
Calories 280	Calories from Fat 120
	% Daily Value *
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 680mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

The nutrients listed first are the ones Americans generally eat in adequate or even excessive amounts. They are identified in yellow on the label. Eating too much fat, saturated fat, trans fat, and cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure. Eating too many calories is linked to overweight and obesity. Note: Keep your intake of saturated fat, trans fat, and cholesterol as low as possible.

The * used after the heading "%Daily Value" on the Nutrition Facts panel refers to the footnote in the lower part of the nutrition label, which tells you that %DVs are based on a 2,000 calorie diet. This statement must be on all food labels. But the remaining information in the full footnote may not be on the package if the size of the label is too small

This part of the Nutrition facts panel tells you whether the nutrients (fat, sodium, fiber, etc.) in a serving of food contribute a lot or a little to your total daily diet. Percent Daily Values (%DV) are based on recommendations for a 2,000 calorie diet. The %DV shows you the percent (or how much) of the recommended daily amount of a nutrient is in a serving of food. By using the %DV, you can tell if this amount is high (20%) or low (5%). Even if you don't know how many calories you consume in a day you can still use the %DV as a frame of reference.

Try to limit your total daily intake of fat, saturated fat, sodium, and cholesterol (shown in yellow on the chart) to less than 100%DV. Likewise, you should try to get enough essential nutrients like calcium, iron, vitamins A, and C as well as other components such as dietary fiber (shown in red on the chart). Try to average 100%DV for all of these nutrients each day.