

NUTRIENT DENSITY FOODS

Amt of Food	Kcal	% DAILY VALUES											Calculate
		A	E	C	B-6	Folate	Sod	Pot	Ca	Mg	Iron	Zinc	% DV for KCAL
2 oz. cashews	322	0	9	0	3	10	15	8	2	36	12	17	
3/4 c. apple juice	88	0	0	3	3	0	0	6	1	1	4	1	
1/2 c. mushrooms	21	0	1	5	4	4	8	8	1	2	7	5	
1/2 med. bagel	78	0	0	0	1	6	6	1	1	2	6	2	
3 oz. ground beef	224	0	2	0	14	2	3	9	1	5	13	36	
1 c. black beans	113	0	1	0	3	32	20	7	2	15	10	7	
1 c. chocolate milk	158	15	1	3	5	3	6	12	29	8	3	7	
1.5 oz. cheese	156	11	2	0	2	2	9	1	31	3	2	9	
1 c. wheat chex	169	0	0	40	50	41	13	5	2	15	73	8	
1/2 c fruit cocktail	69	3	4	4	3	1	0	3	1	2	2	1	
1/2 c. grits	73	0	1	0	2	10	0	1	0	1	4	1	
1/2 c. grn beans	24	4	1	10	2	6	7	5	3	4	5	2	
3 oz. ham	195	0	3	0	15	0	49	8	1	4	3	24	
1.5 c. ice cream	401	23	0	3	6	3	7	11	26	7	1	9	
3 oz. lamb leg	162	0	1	0	7	5	2	8	1	6	10	28	
1 med peach	42	5	8	12	1	1	0	6	1	2	1	1	
1 med orange	62	3	3	117	4	10	0	7	5	3	1	1	
1 bkd med potato	132	0	1	27	22	3	12	17	1	8	9	3	
1 c. refried beans	238	0	3	25	18	7	32	19	9	21	23	20	
1/4c. sunflw seeds	209	0	190	0	14	20	8	5	2	11	13	12	
1 c. spinach leaf	7	20	7	13	3	15	1	5	3	6	4	1	
1 flour tortilla	159	0	4	0	2	15	10	2	6	3	9	3	
3 oz. dark turkey	158	0	8	0	16	2	3	7	3	5	11	25	
1 c. nonfat yogurt	137	1	0	3	7	8	8	18	49	12	1	16	
BE SURE TO WATCH THE POWER POINT PRESENTATION ON THIS ASSIGNMENT													