Nutrition F	acts
1 servings per container	
Serving size	1 package
Amount Per Serving Calories	330
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1100mg	48%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Not a significant source of vitamin D, calcium potassium	m, iron, and
*The % Daily Value (DV) tells you how muc serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Class 4 Salt Cards

Nutrition Facts

1 servings per container	
Serving size	1 package
Amount Per Serving	220
Calories	330
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 500mg	22%
Total Carbohydrate 45g	16%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 0g Added Sugar	s 0%
Protein 12g	24%
Not a significant source of vitamin D, calcin potassium	um, iron, and
 *The % Daily Value (DV) tells you how mu serving of food contributes to a daily diet. day is used for general nutrition advice. 	

Banquet Fried Chicken Frozen Dinner



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Healthy Choice Country Fried Chicken



1 servings per containe	r
Serving size	1 package
Amount Per Serving Calories	800
	% Daily Value
Total Fat 39g	50%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1400mg	61%
Total Carbohydrate 81g	29%
Dietary Fiber 6g	21%
Total Sugars 25g	
Includes 0g Added Sug	ars 0%
Protein 26g	52%
Not a significant source of vitamin D, ca potassium	lcium, iron, and

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Class 4 Salt Cards

Nutrition F	acts
1 servings per container	
Serving size	1 package
Amount Per Serving Calories	280
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 420mg	18%
Total Carbohydrate 42g	15%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Not a significant source of vitamin D, calciu potassium	m, iron, and
*The % Daily Value (DV) tells you how muc serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	

Hungry Man Fried Chicken Frozen Dinner



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Lean Pocket Pepperoni Pizza



Nutrition Facts

About 9 servings per container Serving Size 2.0 skillet cooked slices

Amount per serving Calories	90
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Cholesterol 20mg	7 %
Sodium 350mg	15 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Total Sugars 0g	
Protein 7g	
Vitamin C	10 %
Iron	2 %

*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.

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Nutrition Facts

Class 4 Salt Cards

Natition	<u>acts</u>
Serving size	1 Big Mac
Amount Per Serving Calories	540
	% Daily Value*
Total Fat 28g	36%
Saturated Fat 10g	50%
Trans Fat 1g	
Cholesterol 80mg	27%
Sodium 950mg	41%
Total Carbohydrate 46g	17%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Not a significant source of vitamin D, calciur potassium	n, iron, and
*The % Daily Value (DV) tells you how muc serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	

Bacon



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Big Mac



Nutrition Fa	acts
3.5 servings per container	
Serving size	1/2 cup
Amount Per Serving	- 00
Calories	20
9	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 140mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, in potassium	ron, and
 The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,00 day is used for general nutrition advice. 	

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Class 4 Salt Cards

NULILIUI	гасіэ
Serving size	1 McDonalds hamburger
Amount Per Serving Calories	250
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 1g	
Cholesterol 30mg	10%
Sodium 480mg	21%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sug	gars 0%
Protein 13g	26%
Not a significant source of vitamin D, o potassium	calcium, iron, and
*The % Daily Value (DV) tells you how serving of food contributes to a daily day is used for general nutrition advice	diet. 2,000 calories a

Nutrition Facts

Low Sodium Green Beans



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

McDonald's Hamburger



What Can I Eat2 I lealthy Chairse for American Indians and Alaska Natives with Turo 2 Dishotos

Nutrition Fa	cts
3.5 servings per container	
Serving size	1/2 cup
Amount Per Serving Calories	20
<u>٩</u>	6 Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, irc potassium	on, and
*The % Daily Value (DV) tells you how much a r serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Nutrition Facts

3 servings per container

Class 4 Salt Cards

Serving size	1/3 of the box
Amount Per Serving Calories	310
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 960mg	42%
Total Carbohydrate 53g	19%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Su	igars 0%
Protein 5g	10%
Not a significant source of vitamin D, potassium	calcium, iron, and
*The % Daily Value (DV) tells you ho serving of food contributes to a daily day is used for general nutrition adv	/ diet. 2,000 calories a

Regular Green Beans





What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Rice a Roni Chicken Flavor





Nutrition F	acts
6 servings per container	
Serving size	2 oz
Amount Per Serving	4.0.0
Calories	180
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans 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 potassium	i, iron, and
*The % Daily Value (DV) tells you how much serving of food contributes to a daily diet. 2, day is used for general nutrition advice.	

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Class 4 Salt Cards

Nutrition Fa 12 servings per container	acts
Serving size	3 slices
Amount Per Serving Calories	35
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, potassium	iron, and
*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	

Spam



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Turkey Bacon - Lower Sodium





3 servings per conta	
Serving size	1/3 of the box
Amount Per Serving	000
Calories	230
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 610mg	27%
Total Carbohydrate 50	g 18 %
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Addec	Sugars 0%
Protein 7g	14%

serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Nutrition Facts

Class 4 Salt Cards

6 servings per container	acts
Serving size	2 oz
Amount Per Serving Calories	180
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 580mg	25%
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, potassium	iron, and
*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	

Rice a Roni Lower Sodium Chicken Flavor



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Spam - 25% Less Sodium



Nutrition	Facts
10 servings per contai	ner
Serving size	1/4 cup (dry)
Amount Per Serving Calories	170
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 37g	13%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Su	gars 0%
Protein 4g	8%
Not a significant source of vitamin D, potassium	calcium, iron, and
*The % Daily Value (DV) tells you how serving of food contributes to a daily day is used for general nutrition advi	diet. 2,000 calories a

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Nutrition Facts

Class 4 Salt Cards

	4010
1 servings per container	
Serving size	1 package
Amount Per Serving Calories	330
	% Daily Value
Total Fat 17g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 530mg	23%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Not a significant source of vitamin D, calciur potassium	n, iron, and
*The % Daily Value (DV) tells you how muc serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	

White Rice



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Pepperoni Pizza Hot Pocket





Nutrition F a	acts
4 servings per container	
Serving size	2 slices
Amount Per Serving Calories	360
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Not a significant source of vitamin D, calcium, potassium	iron, and
*The % Daily Value (DV) tells you how much serving of food contributes to a daily diet. 2.0	

serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Class 4 Salt Cards

Nutrition Fa	acts
4 servings per container Serving size	2 slices
Amount Per Serving Calories	220
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 410mg	18%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Not a significant source of vitamin D, calcium, potassium	iron, and
*The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,0 day is used for general nutrition advice.	

Tombstone Frozen Pepperoni Pizza



What Can I Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Tombstone Frozen Veggie Pizza

