

# Class 4 Salt Cards

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 package</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 1100mg	<b>48%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	<b>22%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	



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

# Class 4 Salt Cards

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 package</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 500mg	<b>22%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	<b>24%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	



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

# 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



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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 package</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>800</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 39g	<b>50%</b>
Saturated Fat 7g	<b>35%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 1400mg	<b>61%</b>
<b>Total Carbohydrate</b> 81g	<b>29%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 25g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	<b>52%</b>
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.	

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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 package</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
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.	

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

# 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



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

## Class 4 Salt Cards

### Nutrition Facts

About 9 servings per container  
**Serving Size** 2.0 skillet cooked slices

**Amount per serving**  
**Calories** **90**

	% Daily Value*
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
<b>Protein</b> 7g	
Vitamin C	<b>10%</b>
Iron	<b>2%</b>

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

## Class 4 Salt Cards

### Nutrition Facts

**Serving size** 1 Big Mac

**Amount Per Serving**  
**Calories** **540**

	% Daily Value*
<b>Total Fat</b> 28g	<b>36%</b>
Saturated Fat 10g	<b>50%</b>
<i>Trans</i> Fat 1g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 950mg	<b>41%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 25g	<b>50%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

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

## Bacon



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

## Big Mac



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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
3.5 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>20</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
1 McDonalds hamburger	
<b>Serving size</b>	<b>1 McDonalds hamburger</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 1g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 480mg	<b>21%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	<b>26%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## 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 Eat? Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



## Class 4 Salt Cards

<b>Nutrition Facts</b>	
3.5 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>20</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size</b>	<b>1/3 of the box</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>310</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 960mg	<b>42%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## Regular Green Beans



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

## Rice a Roni Chicken Flavor



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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>2 oz</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 6g	<b>30%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 790mg	<b>34%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>3 slices</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>35</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

# Spam



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

# Turkey Bacon - Lower Sodium



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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size</b>	<b>1/3 of the box</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 610mg	<b>27%</b>
<b>Total Carbohydrate</b> 50g	<b>18%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>2 oz</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 6g	<b>30%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## 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



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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	1/4 cup (dry)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	1 package
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>330</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 9g	<b>45%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## White Rice



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

## Pepperoni Pizza Hot Pocket



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



## Class 4 Salt Cards

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>2 slices</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>360</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 8g	<b>40%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	<b>30%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## Class 4 Salt Cards

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>2 slices</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	<b>22%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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

## Tombstone Frozen Pepperoni Pizza



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

## Tombstone Frozen Veggie Pizza



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