



FAMILY HEALTH CENTER

MANAGED BY



In the Kitchen with Maggie and Briana



Homemade Tacos for the whole family!

Nutrition Facts

▼ Select Ingredients Fully
Cooked Chicken Breast
Fajitas

about 9 Serving Per Container

Serving Size 3 oz (84g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 390mg	17%
Potassium 290mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Added Sugars 0g	0%
Protein 19g	
Iron 0mg	0%
Calcium 10mg	0%
Vitamin D 0mcg	0%

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



Nutrition Facts

▼ Meal Simple Original
Rotisserie Chicken

about 11 Serving Per Container

Serving Size 3 oz (85g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 11g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 490mg	21%
Potassium 190mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 19g	
Iron 1mg	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%

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

Nutrition Facts

▼ Boneless Skinless Chicken
Breasts

Serving Size 4.00 oz(112g)

Serving Per Container varies

Amount Per Serving

Calories	130	
Calories from Fat	25	
		%DV
Total Fat	3g	5%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	70mg	23%
Sodium	75mg	3%
Potassium	410mg	12%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	24g	48%
Vitamin A	0%	Vitamin C 2%
Calcium	0%	Iron 2%

IS or Contains: Gluten Free

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



Nutrition Facts

LA SIERRA RFRD BLACK BEANS MOD

Serving Size 0.50 cup

Serving Per Container 3.5000

Amount Per Serving		
Calories	160	
Calories from Fat	60	
		%DV
Total Fat	7g	10%
Saturated Fat	1g	
Polyunsaturated Fat	2g	
Monounsaturated Fat	2.5g	
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	19g	6%
Dietary Fiber	12g	
Sugars	5g	
Protein	7g	
Calcium 4%		Iron 8%

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



Nutrition Facts

Prime Premium Low Sodium Black Beans

Serving Size 0.50 cup(122g)

Serving Per Container 3.5000

Amount Per Serving		
Calories	100	
Calories from Fat	0	
		%DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrate	18g	6%
Dietary Fiber	8g	31%
Sugars	0g	
Protein	7g	
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 10%	

IS or Contains: Kosher, Low Sodium, Flavor

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

Nutrition Facts

Premium Black Beans

About 3.5 Serving Per

Container

Serving Size 0.50 cup(122g)

Amount Per Serving

Calories 130

Calories from Fat 0

% Daily Value*		
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	410mg	18%
Potassium	550mg	10%
Total Carbohydrate	23g	8%
Dietary Fiber	6g	21%
Total Sugars	1g	
Added Sugars	0g	0%
Protein	8g	
Gluten Free	0	
Calcium	48mg	4%
Vitamin D	0mcg	0%
Iron	2mg	10%

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



Nutrition Facts

Black Beans

about 13 Serving Per Container

Serving Size 1/4 cup dry (35g)

Amount Per Serving

Calories 80

% Daily Value*		
Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Potassium	210mg	4%
Total Carbohydrate	21g	8%
Dietary Fiber	12g	42%
Total Sugars	1g	
Added Sugars	0g	0%
Protein	8g	15%
Calcium	0mg	0%
Iron	2mg	10%
Vitamin D	0mcg	0%

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



1. Pour the beans into a colander and rinse under cool water. Check for stones/debris. Drain.
2. Transfer into saucepan (a Dutch oven is preferred!) and cover with water, about 2 inches.
3. Bring the beans to a boil over high heat. Cook the beans for one minute, then remove from heat.
4. Cover the beans with a lid and let them soak in the warm water for 1 hour.
5. Drain the beans in a colander, rinse and cook according to your directions.

INGREDIENTS

- 8 Roma tomatoes, diced
- 1/2 cup diced red onion
- 1 small jalapeno, seeded and finely chopped
- 1/4 cup chopped fresh cilantro
- 2 tablespoons lime juice
- Salt and pepper, to taste



INSTRUCTIONS

1. Combine ingredients in a medium bowl and toss to mix well.
2. Refrigerate until serving.

- 10 tbsp chili powder
- 1 ½ tsp garlic powder
- 1 ½ tsp onion powder
- 1 ½ tsp dried oregano
- 3 tsp paprika
- 3 tsp ground coriander
- ¾ tsp ground red pepper (cayenne)
- 6 tsp cumin
- 6 tsp black pepper



1. Pour all ingredients in jar
 2. Seal the jar and shake it until the ingredients are mixed
- **3 tbsp per pound of meat



Nutrition Facts	
8 Servings per container	
Serving Size	1 tortilla (43g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 19g	7%
Dietary Fiber 15g	54%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 0.6mg	4%
Potassium 20mg	0%

*The % Daily Value 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.



Roll over image to zoom in

Nutrition Facts

▼ 9 inch Flour Tortillas	
Serving Size	1 tortilla(87g)
Serving Per Container	10
Amount Per Serving	
CALORIES	290
CALORIES FROM FAT	90
%DV	
TOTAL FAT	10g 15%
SATURATED FAT	5g 25%
TRANS FAT	0g
CHOLESTEROL	0mg
SODIUM	670mg 28%
POTASSIUM	60mg 2%
TOTAL CARBOHYDRATE	41g 14%
DIETARY FIBER	1g 4%
SUGARS	0g
SUGAR ALCOHOL	0g
PROTEIN	7g
VITAMIN A	VITAMIN C
CALCIUM 2%	IRON 10%

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



Nutrition Facts

Refer to the product label for full dietary informa may be available as an alternative product image.

5 servings per container

Serving size 2 Shells (27g)	
Amount per serving	
Calories	130
% Daily Values *	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Sugars 0g	0%
Includes Added Sugars 0g	
Protein 2g	0%
Vitamin A	0%
Vitamin C	0%
Calcium 30mg	2%
Potassium 0mg	0%
Iron 0.5mg	2%
Vitamin D 0mcg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

▼ 25% Less Sodium Taco Seasoning Mix

About 6 Serving Per Container
Serving Size 2.00 tsp(5g)

Amount Per Serving
Calories 15

Calories from Fat 0

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	220mg	10%
Total Carbohydrate	3g	1%
Dietary Fiber	<1g	2%
Total Sugars	0g	
Added Sugars	0g	0%

Protein 0g

Iron 0.4mg 2%

Kosher 0

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



NUTRITION

Serving: 1g	Calories: 15.8kcal	Carbohydrates: 2.8g
Protein: 0.6g	Fat: 0.8g	Saturated Fat: 0.1g
Polyunsaturated Fat: 0.3g	Trans Fat: 0.2g	Fiber: 1.6g
Sugar: 0.5g		

Nutrition Facts

▼ Original Taco Seasoning Mix

About 6 Serving Per Container
Serving Size 2.00 tsp(5g)

Amount Per Serving
Calories 15

Calories from Fat 0

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	300mg	13%
Potassium	0mg	0%
Total Carbohydrate	3g	1%
Dietary Fiber	<1g	2%
Total Sugars	0g	
Added Sugars	0g	0%

Protein 0g

Calcium 0mg 0%

Iron 0.5mg 2%

Vitamin D 0mcg 0%

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

Where's the sodium?! There is none!

Nutrition Facts

▼ Total 0% Non-Fat Plain Greek Yogurt

about 6 Serving Per Container

Serving Size 0.75 cup

Amount Per Serving

Calories 90

Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 65mg 3%

Potassium 260mg 6%

Total Carbohydrate 5g 2%

Dietary Fiber 0g 0%

Total Sugars 5g

Added Sugars 0g 0%

Protein 18g 35%

Calcium 200mg 15%

Iron 0mg 0%

Vitamin D 0mcg 0%

Kosher 0

Fat Free 0

Gluten Free 0

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



Nutrition Facts

▼ Total 2% Low-Fat Plain Greek Yogurt

about 6 Serving Per Container

Serving Size 0.75 cup

Amount Per Serving

Calories 120

Calories from Fat 0

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 2.5g 11%

Trans Fat 0g

Cholesterol 20mg 6%

Sodium 55mg 2%

Potassium 260mg 6%

Total Carbohydrate 5g 2%

Dietary Fiber 0g 0%

Total Sugars 5g

Added Sugars 0g 0%

Protein 17g 34%

Calcium 200mg 15%

Kosher 0

Vitamin D 0mcg 0%

Gluten Free 0

Low Fat 0

Iron 0mg 0%

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



Nutrition Facts

▼ Sour Cream

Serving Size 2.00 tablespoons (30g)

Serving Per Container about 22

Amount Per Serving

Calories 60

Calories from Fat 45

%DV

Total Fat 5g 8%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 15mg 1%

Total Carbohydrate 1g 1%

Dietary Fiber 0g 0%

Sugars 1g

Protein 1g

Vitamin A 4% Vitamin C 0%

Calcium 2% Iron 0%

Kosher

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

AHA Recommendation

The American Heart Association recommends aiming for a dietary pattern that achieves 5% to 6% of calories from saturated fat.




For example, if you need about 2,000 calories a day, no more than 120 of them should come from saturated fat.

That's about 13 grams of saturated fat per day.



HOW MUCH FIBER PER DAY?

The Institute of Medicine recommends:

		Amount:
	Children	
	1 - 3 years	19g
	4 - 8 years	25g
	Adult Males	
	19-50 years	38g
	>50 years	30g
	Adult Females	
	19-50 years	25g
	>50 years	21g
	pregnancy	28g
	lactation	29g

	Product	serving size	cost per meal	calories	sodium
Lettuce	Romaine hearts, 3 pack	1 cup	\$ 0.22	10	0
Salsa	Pico, homemade	1/2 cup	\$ 1.00	40	160
Cheese	shredded cheese	1/2 cup	\$ 0.55	200	300
Chicken	chicken breast whole family pack	4.5 oz	\$ 0.82	195	187.5
Seasoning	homemade taco seasoning https://www.hackingsalt.com/no-sodium-taco-seasoning/#.YR6Fb3ySmUk	1/4 cup	\$ 0.05	15	0
Shell	Old El Paso crunchy taco shell	2 shells	\$ 0.33	100	87
	Soft shell taco	1 tortilla	\$ 0.16	140	450
"Sour Cream"	Plain non fat greek yogurt	1/2 cup	\$ 0.52	60	40
Beans	Black beans, reduced sodium	3/4 cup	\$ 0.32	165	270
"DAD's" portion			\$ 3.97	925	1494.5



	Product	serving size	cost per meal	calories	sodium
Lettuce	Romaine hearts, 3 pack	1 cup	\$ 0.22	10	0
Salsa	Pico, homemade	4 Tbsp	\$ 0.50	20	80
Cheese	shredded cheese	1/4 cup	\$ 0.27	100	150
Chicken	chicken breast whole family pack	3 oz	\$ 0.55	130	125
Seasoning	homemade taco seasoning https://www.hackingsalt.com/no-sodium-taco-seasoning/#.YR6Fb3ySmUk	2 Tbsp	\$ 0.05	15	0
Shell	Old El Paso crunchy taco shell	2 shells	\$ 0.33	100	87
"Sour Cream"	Plain non fat greek yogurt	1/4 cup	\$ 0.26	30	20
Beans	Black beans, reduced sodium	1/2 cup	\$ 0.14	110	180
"MOM's" portion			\$ 2.32	515	642



per serving calories mg sodium



	Product	serving size	cost per meal	calories	sodium
Lettuce	Romaine hearts, 3 pack	2 cup	\$ 1.00	20	0
Salsa	thick and chunky salsa	1/2 cup	\$ 0.38	40	920
Cheese	shredded cheese	1/2 cup	\$ 0.55	200	300
Chicken	chicken breast whole family pack	6 oz	\$ 1.10	260	250
Seasoning	homemade taco seasoning https://www.hackingsalt.com/no-sodium-taco-seasoning/#.YR6Fb3y5mUk	4 Tbsp	\$ 0.10	30	0
Shell	Soft shell taco	2 tortilla	\$ 0.32	280	900
"Sour Cream"	Plain non fat greek yogurt	1/2 cup	\$ 0.52	60	40
Beans	Black beans, reduced sodium	1/2 cup	\$ 0.28	220	360
"TIMMY's" portion			\$ 4.25	1110	2770

per serving calories mg sodium



	Product	serving size	cost per meal	calories	sodium
Lettuce	Romaine hearts, 3 pack	3 cups	\$ 0.66	30	0
Salsa	thick and chunky salsa	4 Tbsp	\$ 0.19	20	460
Cheese	shredded cheese	1/2 cup	\$ 0.55	200	300
Chicken	chicken breast whole family pack	3 oz	\$ 0.55	130	125
Seasoning	homemade taco seasoning https://www.hackingsalt.com/no-sodium-taco-seasoning/#.YR6Fb3ySmUk	2 Tbsp	\$ 0.05	15	0
Shell	Soft shell taco	1 tortilla	\$ 0.16	140	450
"Sour Cream"	Plain non fat greek yogurt	1/4 cup	\$ 0.26	30	20
Beans	Black beans, reduced sodium	3/4 cup	\$ 0.32	165	270
"SALLY's" portion			\$ 2.74	730	1625

per serving calories mg sodium

