

COOKING UP CHANGE 2010 NATIONAL HEALTHY COOKING CONTEST



Learn more and enter at
www.cookingupchange.org

Nutritional Guidelines

Nutrient	Parameters
Calories	750-850 calories
Fat	<ul style="list-style-type: none">• Less than 35% of calories from fat• Less than 10% of calories from saturated fat• Zero trans fat
Protein	2.0 oz – 2.4 oz protein
Fiber	10.7 grams or more
Grains	<ul style="list-style-type: none">• 2.4 oz – 2.6 oz grains• At least half must be whole grains
Fruits and Vegetables	<ul style="list-style-type: none">• 1 cup vegetables, ½ of which must be either dark green or orange vegetables.• 1 cup of fruit (not juice)• No starchy vegetables (i.e., potatoes, corn or peas)
Sodium	Less than 1000 mg