

# Sample Nutrition Label Comparison- Covello Lunch Week 2, Monday

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**Pre DASH Modifications:**

**Bowtie Noodles**

**1 gram of Dietary Fiber)**

<b>Nutrition Facts</b>			
Serving Size 1 (Approximately 1/2 cup)			
<b>Amount Per Serving</b>			
<b>Calories</b> 124	Calories from Fat 23		
		<b>% Daily Value *</b>	
<b>Total Fat</b> 3 g			4%
Saturated Fat 0 g			2%
Trans Fat 0 g			
<b>Cholesterol</b> 0 mg			0%
<b>Sodium</b> 1 mg			0%
<b>Total Carbohydrate</b> 21 g			7%
Dietary Fiber 1 g			4%
Sugars 1 g			
<b>Protein</b> 4 g			
Vitamin A	0%	Calcium	1%
Vitamin C	0%	Iron	4%

**Post DASH Modifications:**

**Whole Wheat Noodles**

**Increase in Fiber (4.2 grams)**

<b>Nutrition Facts</b>	
Serving Size: <input type="text" value="1"/> cup farfalle (107g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 159	Calories from Fat 16
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.8g	3%
Saturated Fat 0.3g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 4.3mg	0%
<b>Potassium</b> 103mg	3%
<b>Total Carbohydrates</b> 32g	11%
Dietary Fiber 4.2g	17%
Sugars 0.8g	
<b>Protein</b> 6.4g	
Vitamin A	0.1%
Vitamin C	0%
Calcium	1.4%
Iron	10%

\* Percent Daily Values are based on a 2000 calorie diet.