

# NUTRITION FACT SHEET

Your Meals on Wheels program provides a delicious selection of soups, entrées and desserts that are nutritionally balanced and produced by a specialist company called **apetito**.

They are produced to help you follow the recommendations of Canada's Food Guide providing controlled levels of fat and sodium.

The table shows a comparison of the nutritional value of **apetito** meals delivered by Meals on Wheels with ready-meals from the grocery store.

Entrées delivered by Meals on Wheels provide a larger portion size yet are generally higher in protein, lower in fat and lower in sodium – simply, better for you.

Brand	Product Name	Meal Includes	Weight	Calories	Protein	Fat		Sodium	
			( g )	(kcal)	(g)	(g)	(g/100g)	(mg)	(mg / 100g)
<b>Fried or Breaded Chicken Breast</b>									
Stouffer's	Fried Chicken Breast	Mashed Potatoes and gravy (no vegetable)	196	230	12	10	5	930	474
Swanson	Fried Chicken	Potatoes and corn	280	510	20	23	8	800	286
apetito	Breaded Chicken Breast	Caesar sauce, rice, green and yellow beans and carrots	355	450	18	17	5	812	229
<b>Meatballs and Variations</b>									
Michelina's	Swedish Meatballs	No sides	255	350	14	13	5	950	373
Compliments	Italian Meatballs Mafalda	No sides	335	420	19	13	4	1070	319
apetito	Spaghetti and Meatballs	Italian style mixed vegetables	415	372	21	12	3	669	161
<b>Turkey</b>									
Swanson Hungry-Man	Turkey Dinner	Gravy, dressing, potatoes, green beans	455	440	21	15	3	1420	312
Compliments (Value)	Sliced Turkey	Gravy, dressing, mashed potatoes, green beans, and apple cranberry compote	338	390	16	12	4	1290	382
Michelina's	Roast Turkey	Mashed Potatoes and gravy (no vegetable)	227	200	8	7	3	860	379
apetito	Turkey with Stuffing	Gravy, mashed potatoes and green peas	<b>335</b>	334	22	6	2	448	134

Comparison completed on March 1, 2009

All soups and entrées are suitable for diabetics, together with a selection of special desserts. Many are also suitable for Low Fat, Low Sodium and Low Calorie diets. Vegetarian items are also available.

