

NUTRITION COMPARISON 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**.

The food is produced to help you follow the recommendations of Canada's Food Guide, providing controlled levels of fat and sodium

The tables below show a comparison of the nutritional value of apetito meals delivered by Meals on Wheels with ready-meals from the grocery store.

Please notice the numbers in each table that are circled in red. This indicates nutritional facts where the **apetito** meals are better for you.

BRAND	PRODUCT	MEAL INCLUDES	WEIGHT	CALORIES	PROTEIN	FIBRE	FAT		SODIUM	
			(g)	(kcal)	(g)	(g)	(g)	(g/100g)	(mg)	(mg/100g)
SALISBURY STEAK										
Stouffers	Salisbury Steak	Mash + gravy	262	310	17	2	14	5.3	570	217
Michelin's Signature	Salisbury Steak	Tomato Potatoes	255	220	14	3	5	2	760	298
Swanson	Salisbury Steak	Mash + gravy, corn, apple cranberry dessert	345	490	20	4	25	7.2	850	246
<i>apetito</i>	Salisbury Steakette	Mushroom gravy, home fried potatoes, vegetable medley	330	380	20	7	16	4.9	520	157

TURKEY										
WW Smart Ones	Slow Roasted Turkey	Mash + gravy	255	200	17	2	6	2.4	710	278
Stouffers	Turkey and Stuffing	Mash + gravy	248	220	14	3	7	2.8	650	262
Swanson	Turkey and Stuffing	Mash + gravy, green beans, apple + cranberry dessert	338	360	14	4	13	3.8	940	278
<i>apetito</i>	Turkey with Stuffing and cranberry sauce	Mash and peas	340	320	20	6	5	1.5	460	135

NUTRITION COMPARISON FACT SHEET CONT'D

BRAND	PRODUCT	MEAL INCLUDES	WEIGHT	CALORIES	PROTEIN	FIBRE	FAT		SODIUM	
			(g)	(kcal)	(g)	(g)	(g)	(g/100g)	(mg)	(mg/100g)
MEATLOAF										
PC Blue Menu	Meatloaf	Roast Potatoes and baby carrots	300	260	15	7	7	2.3	720	240
Stouffers	Meatloaf	Mash + gravy	263	300	17	2	15	5.7	490	186
Michelin's Signature	Meatloaf	Mash + gravy	241	200	11	2	25	2.9	860	357
<i>apetito</i>	Meatloaf in Mushroom and Wine sauce	Mushroom wine sauce, mash, beans & carrots	334	280	15	4	9	2.7	580	173
FRIED OR BREADED CHICKEN										
Stouffers	Fried Chicken Breast	Mash + gravy	196	230	12	1	10	5.1	930	474
Michelin's	Fried Chicken	Mash + gravy	213	290	10	2	15	7	1140	535
<i>apetito</i>	Breaded Chicken Breast	Caesar sauce on rice, green & yellow beans and carrots	365	430	25	3	14	3.8	610	167
SWEET & SOUR CHICKEN										
Stouffers	Sweet & Sour Chicken	Rice only	350	350	22	2	2	0.6	390	111
Michelin's Gourmet	Sweet & Sour Chicken	Rice only	255	380	12	1	3.5	1.4	670	263
<i>apetito</i>	Sweet & Sour Chicken	Rice and a chinese-style vegetable mix	340	330	21	3	4.5	1.3	280	82

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

