

January 2012



NUTRITION GUIDE

Featuring nutrition details on more than 350 products

Dine In. Chill Out.™



#661 NEW Bruschetta Pizza
#700 NEW Hawaiian Style Pizza

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LIVESMART™ food can help you achieve balanced eating.

A Balancing Act

Weight management requires balance —

balancing the calories that you consume versus the calories that you burn over time. That's why small daily changes can add up to big long-term weight changes! The first step to eating right for weight management is balancing your plate for a sensible diet. Then, consider simple substitutions to save calories. It all adds up to weight loss in the long run!

Consider using the “plate method” to help control portion sizes.

Follow these guidelines:*

1/4 Plate: Choose at least half of all grains as whole grains

1/4 Plate: Choose seafood, lean meat and poultry, eggs, dry beans & peas, soy products and unsalted nuts & seeds

1/2 Plate: Make this a combination of fruit and vegetables. Choose vegetables that are dark green and red and orange.



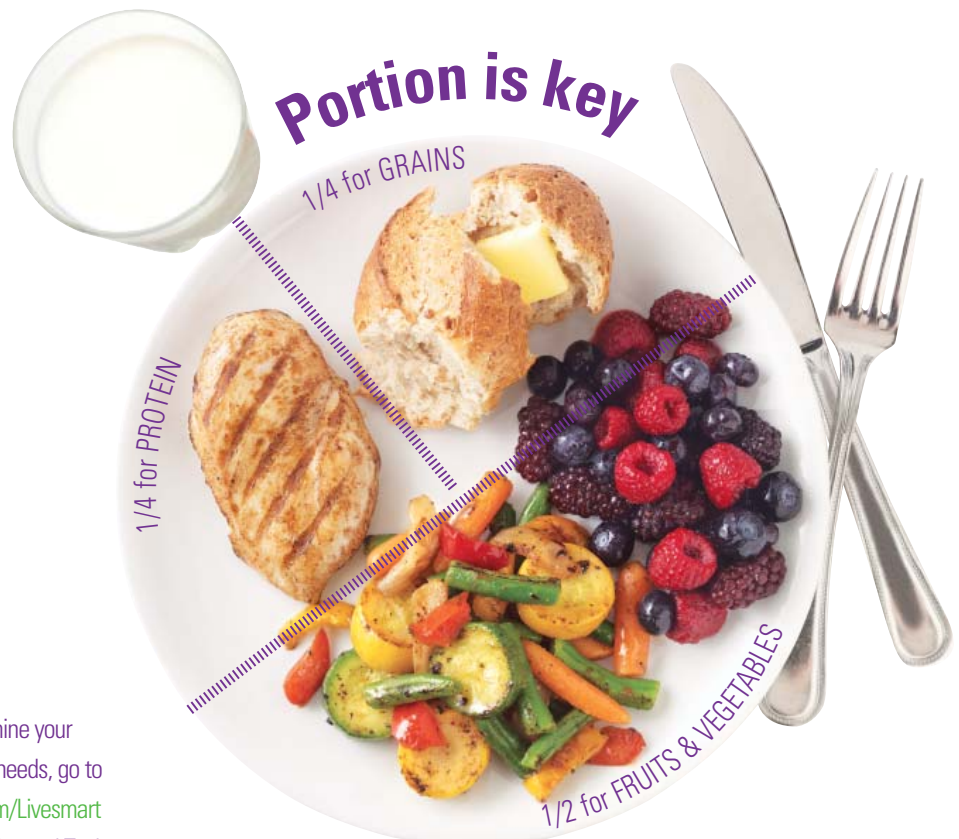
* USDA 2011
For more tips on nutrition
go to CHOOSEMYPLATE.gov

LiveSmart™

What does it take to be a **LIVESMART™** food?

- Controlled calories
- Balanced sodium
- Zero grams trans fat
- Fruits and vegetables flash-frozen within 4 hours of harvesting
- Trim-cut meats
- Delicious taste

To determine your daily calorie needs, go to Schwans.com/Livesmart and click on Tips and Tools





LIVEMART™ PRODUCTS
SERVING SIZE

SERVINGS PER CONTAINER

CALORIES

CALORIES FROM FAT

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

TOTAL CARBOHYDRATES (g)

DIETARY FIBER (g)

SUGARS (g)

PROTEIN (g)

VITAMIN A (% Daily Value)

VITAMIN C (% Daily Value)

CALCIUM (% Daily Value)

IRON (% Daily Value)

APPETIZERS

| | | | | | | | | | | | | | | | | | | |
|-----|---|--|-----------|-----|-----|-----|-----|-----|-----|-----|----|----|----|----|----|-----|----|----|
| 092 | Soft Stuffed Pretzels with Cheese | 2 sticks (50g) | about 18 | 130 | 25 | 3 | 1.5 | 0 | 10 | 270 | 22 | 1 | 1 | 4 | 4 | 0 | 4 | 6 |
| 189 | Roasted Pepper Queso Dip | 2 tbsp (28g) | 16 | 45 | 30 | 3.5 | 2 | 0 | 10 | 210 | 1 | 0 | 1 | 2 | 4 | 0 | 6 | 0 |
| 599 | Shredded Steak Taquitos | 5 taquitos (140g) | about 4.5 | 360 | 120 | 14 | 1.5 | 0 | 30 | 570 | 42 | 4 | 0 | 18 | 0 | 2 | 4 | 10 |
| | Salsa | 2 tbsp (29g) | about 6 | 5 | 0 | 0 | 0 | 0 | 0 | 250 | 1 | 0 | 1 | 0 | 2 | 2 | 0 | 0 |
| 604 | Chipotle Chicken Mini Tacos | 4 mini tacos (79g) | about 7 | 190 | 70 | 7 | 1 | 0 | 20 | 380 | 22 | 2 | 0 | 10 | 4 | 4 | 4 | 6 |
| 621 | SCHWAN'S SNACK ROLLS® Pizza Flavored | 3 snack rolls (85g) | 8 | 220 | 100 | 11 | 4 | 0 | 20 | 580 | 23 | 1 | 1 | 9 | 4 | 2 | 8 | 8 |
| 631 | Spanakopitas | 6 pieces (85g/3 oz.) | 4 | 170 | 60 | 7 | 2.5 | 0 | 10 | 530 | 21 | 1 | 1 | 5 | 20 | 4 | 8 | 6 |
| 632 | Baked Mozzarella Bites | ✓ 4 pieces (48g) | 12 | 150 | 50 | 6 | 3 | 0 | 10 | 360 | 16 | 1 | 3 | 7 | 2 | 0 | 15 | 4 |
| 639 | Mini Corn Dogs | 4 pieces (104g) | about 9 | 340 | 190 | 21 | 6 | 0 | 25 | 760 | 29 | 1 | 7 | 9 | 0 | 0 | 2 | 10 |
| 648 | Gourmet Twist Pretzels | ✓ | | | | | | | | | | | | | | | | |
| | Pretzel with cinn. & sugar | ✓ 1 pretzel (75g) | 10 | 210 | 20 | 2 | 0 | 0 | 0 | 190 | 43 | 1 | 6 | 5 | 0 | 0 | 0 | 10 |
| | Pretzel with salt | 1 pretzel (72g) | 10 | 190 | 20 | 2 | 0 | 0 | 0 | 980 | 38 | 1 | 1 | 5 | 0 | 0 | 0 | 10 |
| 649 | Cream Cheese Wontons | 5 wontons (85g) | 4 | 250 | 120 | 13 | 8 | 0 | 35 | 440 | 27 | 1 | 3 | 6 | 6 | 0 | 4 | 10 |
| 658 | American Processed Cheese Slices | 1 slice (19g) | 24 | 70 | 50 | 6 | 3.5 | 0 | 20 | 320 | 0 | 0 | 0 | 4 | 4 | 0 | 10 | 0 |
| 592 | Cheese Balls | 3/4 cup (93g) | about 7 | 300 | 160 | 18 | 10 | 0 | 50 | 610 | 21 | 1 | 1 | 14 | 6 | 0 | 35 | 6 |
| 669 | Apple Bites | 3 pieces (77g) | about 7 | 210 | 50 | 6 | 1.5 | 0 | 0 | 210 | 37 | 1 | 12 | 3 | 0 | 0 | 0 | 6 |
| 673 | Breaded Mozzarella Sticks | 5 pieces (90g) | about 8 | 300 | 170 | 19 | 7 | 0.5 | 30 | 670 | 19 | 1 | 1 | 12 | 4 | 0 | 30 | 4 |
| 674 | Pork Egg Rolls | 1 egg roll (57g) | 12 | 120 | 60 | 7 | 2 | 0 | 10 | 360 | 13 | 1 | 2 | 4 | 6 | 4 | 2 | 6 |
| | Sweet and Sour Sauce | 1 egg roll and 1 packet of sauce (66g) | 140 | 60 | 7 | 2 | 0 | 10 | 380 | 15 | 1 | 2 | 4 | 6 | 4 | 2 | 6 | |
| 675 | White Meat Chicken Egg Rolls | 1 egg roll (57g) | 12 | 100 | 30 | 3.5 | 0.5 | 0 | 5 | 280 | 13 | 1 | 2 | 4 | 15 | 4 | 2 | 6 |
| | Sweet and Sour Sauce | 1 egg roll and 1 packet of sauce (66g) | 110 | 30 | 3.5 | 0.5 | 0 | 5 | 300 | 16 | 1 | 2 | 4 | 15 | 6 | 2 | 6 | |
| 676 | Pan Seared Pork Potstickers | 4 potstickers | 5 | 330 | 150 | 17 | 5 | 0 | 30 | 610 | 32 | 2 | 4 | 10 | 0 | 8 | 2 | 10 |
| | Sweet Soy Sauce | 4 potstickers and 1 packet of sauce (166g) | 380 | 160 | 17 | 5 | 0 | 30 | 770 | 45 | 2 | 14 | 10 | 2 | 8 | 2 | 15 | |
| 681 | Smokey Bagel Wrap | Approx 5 pcs (85g) | 4 | 260 | 140 | 16 | 4.5 | 0 | 25 | 530 | 19 | 1 | 3 | 8 | 0 | 0 | 0 | 4 |
| 765 | Cheddar and Bacon Potato Skins | 1 potato skin (57g) | approx. 8 | 130 | 80 | 9 | 3.5 | 0 | 15 | 190 | 9 | 2 | 1 | 5 | 2 | 0 | 8 | 4 |
| 595 | Cream Cheese Stuffed Jalapeño Peppers | 3 pieces (87g) | about 5 | 240 | 140 | 16 | 7 | 0 | 20 | 650 | 21 | 1 | 2 | 4 | 6 | 0 | 10 | 6 |
| 746 | Guacamole | 2 tbsp (30g) | about 15 | 60 | 45 | 5 | 1 | 0 | 0 | 135 | 4 | 2 | 1 | 1 | 8 | 150 | 6 | 6 |
| 850 | Green Bean Fries | about 10 pieces (85g) | 8 | 200 | 100 | 11 | 1.5 | 0 | 0 | 490 | 23 | 3 | 4 | 3 | 10 | 4 | 2 | 4 |
| 878 | Mini Donuts | 4 Donuts (2oz/56g) | 6 | 210 | 90 | 10 | 4 | 0 | 25 | 300 | 28 | 1 | 10 | 4 | 0 | 0 | 2 | 8 |
| | Cinnamon Sugar Packet | 1/6 packet (19g) | 6 | 70 | 0 | 0 | 0 | 0 | 0 | 19 | 0 | 18 | 0 | 0 | 0 | 0 | 0 | 0 |
| 964 | Sweet Cream Cheese Pretzel Poppers | 4 poppers (57g) | about 7 | 190 | 35 | 4 | 2 | 0 | 10 | 70 | 33 | 1 | 4 | 5 | 2 | 0 | 2 | 10 |
| 919 | White Meat Chicken and Three Cheese Quesadillas | 1 quesadilla (128g) | 4 | 290 | 110 | 12 | 6 | 0 | 45 | 690 | 27 | 1 | 1 | 17 | 6 | 2 | 25 | 10 |

BEEF

| | | | | | | | | | | | | | | | | | | |
|-----|---|---------------------------|----------|-----|-----|----|-----|-----|-----|------|---|---|---|----|---|---|---|----|
| 399 | Fully Cooked Angus Meatloaf | 1 piece (85g) | 8 | 240 | 170 | 18 | 8 | NA | 50 | 490 | 5 | 0 | 2 | 12 | 2 | 4 | 2 | 6 |
| 401 | Italian Style Meatballs | 6 meatballs (85g/3 oz) | about 9 | 250 | 190 | 21 | 8 | 1 | 45 | 450 | 3 | 1 | 0 | 13 | 2 | 2 | 4 | 10 |
| 402 | Mini Beef Pot Roast | ✓ 6 oz. (170g) | 4 | 210 | 25 | 5 | 2 | 0 | 75 | 450 | 3 | 0 | 1 | 38 | 0 | 2 | 2 | 20 |
| 412 | Diced Beef Tips and Gravy | 1 cup (279g) | about 5 | 240 | 60 | 7 | 2.5 | 0 | 60 | 1230 | 9 | 0 | 1 | 35 | 0 | 0 | 4 | 20 |
| 413 | Ground Beef | 4 oz (113g) | 8 | 240 | 150 | 17 | 7 | 1 | 75 | 75 | 0 | 0 | 0 | 21 | 0 | 0 | 0 | 15 |
| 414 | Seasoned Steak Bites | 4 pieces (81g) | about 8 | 170 | 80 | 9 | 4 | 0 | 70 | 625 | 1 | 0 | 0 | 20 | 1 | 0 | 1 | 15 |
| 420 | Steakhouse Seasoned Flat Iron Beef Steaks | 1 steak (170g) | 4 | 290 | 150 | 17 | 6 | 0.5 | 95 | 370 | 2 | 0 | 1 | 29 | 0 | 6 | 0 | 20 |
| 421 | Quarter Pound Beef Patties | 1 patty (113g/4 oz) | 8 | 200 | 100 | 11 | 5 | 1 | 75 | 75 | 0 | 0 | 0 | 23 | 0 | 0 | 0 | 15 |
| 424 | Fully Cooked Beef Pot Roast with Gravy | 5 oz. (140g) | about 10 | 140 | 40 | 4 | 1.5 | NA | 50 | 790 | 3 | 0 | 1 | 23 | 0 | 0 | 0 | 15 |
| 426 | Boneless Beef Short Ribs | 1/5 package (136g/4.9 oz) | 5 | 260 | 150 | 17 | 6 | 0 | 60 | 860 | 5 | 0 | 2 | 20 | 0 | 0 | 0 | 10 |
| 429 | Philly Beef Steak | 1 piece (99g) | 6 | 250 | 160 | 18 | 7 | 0 | 65 | 65 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 10 |
| 458 | Black Angus Steak Burger | 1 patty (150g/5.3 oz) | 8 | 440 | 340 | 38 | 15 | NA | 115 | 100 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 15 |
| 462 | Fully Cooked Angus Chopped Beef Steak | 1 steak (85g) | 8 | 220 | 150 | 17 | 7 | 1 | 80 | 420 | 0 | 0 | 1 | 18 | 0 | 4 | 2 | 15 |
| 814 | USDA Choice Beef Sirloin | 1 - 6 oz. steak (170g) | 4 | 320 | 190 | 21 | 9 | 0 | 80 | 530 | 0 | 0 | 0 | 30 | 0 | 0 | 4 | 10 |
| 815 | USDA Choice Filet Mignon | 1 - 6 oz. steak (170g) | 4 | 260 | 130 | 14 | 7 | 0 | 80 | 350 | 0 | 0 | 0 | 34 | 0 | 0 | 0 | 20 |

BEVERAGES

SCHWAN'S® Non-Frozen Drink Concentrates

(Each 8-fl. oz. carton makes 8, 8 fl. oz. servings when mixed 1 part concentrate to 7 parts water.)

| | | | | | | | | | | | | | | | | | | |
|-----|--------------------|-----------------------------|----|-----|---|---|---|---|---|---|----|---|----|---|---|-----|---|---|
| 727 | Pineapple Orange | 1 fl oz. (30ml) makes 1 cup | 48 | 100 | 0 | 0 | 0 | 0 | 0 | 5 | 24 | 0 | 23 | 0 | 0 | 100 | 0 | 0 |
| 730 | Blue Raspberry | 1 fl oz. (30ml) makes 1 cup | 48 | 100 | 0 | 0 | 0 | 0 | 0 | 5 | 25 | 0 | 24 | 0 | 0 | 100 | 0 | 0 |
| 733 | Apple Cherry Berry | 1 fl oz. (30ml) makes 1 cup | 48 | 100 | 0 | 0 | 0 | 0 | 0 | 5 | 24 | 0 | 23 | 0 | 0 | 100 | 0 | 0 |

LIVEMART™ Products = ✓

< = Less Than

NA = Information not available

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LIVESMART™ PRODUCTS
SERVING SIZE

SERVINGS PER CONTAINER

CALORIES

CALORIES FROM FAT

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

TOTAL CARBOHYDRATES (g)

DIETARY FIBER (g)

SUGARS (g)

PROTEIN (g)

VITAMIN A (% Daily Value)

VITAMIN C (% Daily Value)

CALCIUM (% Daily Value)

IRON (% Daily Value)

BEVERAGES cont.

SCHWAN'S® Frozen Concentrates

(Each 8-fl. oz. carton makes 4, 8 fl. oz. servings when mixed 1 part concentrate to 3 parts water.)

| | | | | | | | | | | | | | | | | | | |
|-----|-------------------------------------|-------------------------------|----|-----|---|---|---|---|---|----|----|---|----|---|---|-----|----|---|
| 720 | Orange Juice Fortified with Calcium | ✓ 2 fl oz. (60ml) makes 1 cup | 24 | 110 | 0 | 0 | 0 | 0 | 0 | 15 | 26 | 0 | 25 | 0 | 0 | 100 | 30 | 0 |
| 724 | Lemonade | 2 fl oz. (60ml) makes 1 cup | 24 | 140 | 0 | 0 | 0 | 0 | 0 | 10 | 35 | 0 | 33 | 0 | 0 | 100 | 0 | 0 |
| 840 | Raspberry Lemonade | 2 fl oz. (60ml) makes 1 cup | 24 | 130 | 0 | 0 | 0 | 0 | 0 | 30 | 33 | 0 | 31 | 0 | 0 | 100 | 0 | 0 |

BREAD

| | | | | | | | | | | | | | | | | | | |
|-----|---|-------------------------|----|-----|-----|-----|-----|---|----|-----|----|----|----|---|----|----|----|----|
| 346 | Glazed Lemon Loaf | 1 loaf (3 oz./85g) | 4 | 300 | 110 | 12 | 3 | 0 | 60 | 410 | 43 | 1 | 28 | 3 | 10 | 0 | 2 | 4 |
| 597 | Five Cheese Garlic French Bread | 1 piece (96g) | 6 | 280 | 110 | 13 | 5 | 0 | 15 | 500 | 28 | 1 | 13 | 8 | 6 | 25 | 10 | |
| 627 | Multigrain Loaf | ✓ 1/2 loaf (50g) | 12 | 120 | 20 | 2.5 | 0 | 0 | 0 | 320 | 20 | 2 | 3 | 5 | 0 | 0 | 2 | 4 |
| 634 | Cheese Stuffed Breadsticks | 1 breadstick (50g) | 12 | 130 | 50 | 5 | 2 | 0 | 10 | 290 | 15 | 0 | 1 | 5 | 2 | 0 | 10 | 2 |
| 643 | Garlic Texas Toast | 1 slice (5 1/8 oz) | 12 | 170 | 80 | 9 | 2.5 | 0 | 5 | 270 | 19 | 1 | 1 | 3 | 4 | 0 | 0 | 6 |
| 663 | Cheese and Herb Biscuits | 1 biscuit (34g) | 18 | 100 | 50 | 5 | 2 | 2 | 5 | 390 | 11 | 0 | 1 | 3 | 2 | 0 | 2 | 2 |
| 667 | French Baguette Bread | 1/4 loaf (50g/1.75 oz) | 12 | 130 | 5 | 0.5 | 0 | 0 | 0 | 320 | 26 | 1 | 1 | 4 | 0 | 0 | 0 | 10 |
| 668 | Southern Style Biscuits | 1 biscuit (62g) | 18 | 180 | 70 | 8 | 7 | 0 | 0 | 590 | 24 | <1 | 2 | 4 | 0 | 0 | 0 | 6 |
| 680 | Frozen Honey Wheat Bread Dough | 1/10 loaf (1.8 oz/ 51g) | 20 | 120 | 15 | 1.5 | 0 | 0 | 0 | 210 | 22 | 2 | 1 | 4 | 0 | 0 | 0 | 8 |
| 886 | Italian Herb Bread | ✓ 1 piece (48g/1.7 oz) | 6 | 120 | 30 | 3 | 0.5 | 0 | 0 | 250 | 20 | <1 | 0 | 4 | 0 | 0 | 2 | 8 |
| 929 | Apple Cinnamon Whole Grain Muffin Pucks | ✓ 1 muffin (42g) | 18 | 130 | 45 | 5 | 2.5 | 0 | 20 | 80 | 20 | 2 | 12 | 2 | 0 | 6 | 0 | 4 |
| 956 | Blueberry Muffin Pucks | 1 muffin (42g) | 18 | 150 | 70 | 8 | 4 | 0 | 25 | 140 | 17 | 0 | 10 | 2 | 0 | 0 | 0 | 4 |

BREAKFAST

| | | | | | | | | | | | | | | | | | | |
|-----|---|------------------------------------|---------|-----|-----|-----|-----|-----|-----|------|----|----|----|----|----|----|----|----|
| 481 | Buttermilk Pancakes | 3 pancakes (120g) | 8 | 280 | 60 | 7 | 1 | 0 | 10 | 570 | 46 | 1 | 13 | 5 | 25 | 0 | 25 | 15 |
| 489 | Mini Pizzas | 4 pizzas (154g) | 6 | 390 | 140 | 15 | 8 | 0 | 90 | 880 | 48 | 2 | 12 | 16 | 4 | 0 | 20 | 15 |
| 506 | Deluxe Ham & Cheese Omelet | 1 omelet (106g) | 6 | 210 | 140 | 16 | 6 | 0.5 | 265 | 600 | 4 | 0 | 2 | 13 | 10 | 0 | 15 | 6 |
| 564 | Mini Pancakes | ✓ 12 hotcakes (107g) | about 5 | 230 | 25 | 2.5 | 0 | 0 | 0 | 460 | 46 | 2 | 9 | 5 | 20 | 0 | 6 | 20 |
| 646 | Pancake and Sausage on a Stick | 1 piece (67g) | 8 | 230 | 150 | 17 | 6 | 0 | 25 | 390 | 15 | 1 | 5 | 5 | 0 | 35 | 0 | 4 |
| 656 | Apple Cinnamon Flavored French Toast Sticks | 4 sticks (109g) | about 8 | 290 | 35 | 3.5 | 0.5 | 0 | 15 | 460 | 57 | 2 | 19 | 7 | 0 | 0 | 4 | 15 |
| 662 | Homestyle Toaster Waffle | 2 waffles (70g) | 8 | 210 | 80 | 9 | 1 | 0 | 5 | 470 | 28 | 1 | 4 | 4 | 20 | 0 | 20 | 20 |
| 682 | Pigs in a Blanket | 5 pieces (134g) | about 6 | 470 | 260 | 29 | 9 | 0 | 30 | 870 | 33 | 1 | 12 | 11 | 0 | 0 | 2 | 10 |
| 699 | Potato, Sausage and Egg Meal Kit | 1 1/3 c. frozen (183g) makes 1 cup | 4 | 310 | 180 | 20 | 6 | 0 | 165 | 650 | 23 | 3 | 1 | 10 | 10 | 35 | 4 | 8 |
| 819 | English Muffin | ✓ 1 sandwich (139g) | 4 | 230 | 60 | 6 | 3 | 0 | 25 | 680 | 28 | 1 | 2 | 16 | 2 | 0 | 30 | 15 |
| 820 | English Muffin | 1 sandwich (149g) | 4 | 440 | 250 | 28 | 10 | 0 | 165 | 970 | 26 | 2 | 2 | 20 | 10 | 0 | 20 | 15 |
| 832 | TOASTWICH® Bacon, Egg, & Cheese | 1 piece (99g) | 8 | 310 | 130 | 14 | 5 | 0 | 65 | 510 | 33 | 1 | 2 | 13 | 4 | 0 | 10 | 15 |
| 834 | Garden Vegetable Omelet with Cheese | ✓ 1 omelet (106g) | 6 | 130 | 60 | 7 | 2.5 | 0 | 120 | 340 | 6 | <1 | 2 | 10 | 4 | 2 | 8 | 4 |
| 875 | Bacon Singles | 1 piece (156g) | 6 | 390 | 170 | 19 | 10 | 0 | 80 | 860 | 39 | 2 | 9 | 17 | 6 | 0 | 25 | 15 |
| 879 | Pecan Caramel Rolls | 1 roll (134g/4.75 oz) | 6 | 470 | 150 | 17 | 8 | 0 | 20 | 180 | 72 | 2 | 34 | 7 | 8 | 0 | 8 | 10 |
| 894 | Cinnamon Rolls | 1 Roll (3 oz/85g) | 8 | 280 | 100 | 12 | 6 | 0 | 10 | 420 | 39 | 2 | 14 | 6 | 4 | 0 | 4 | 10 |
| | Cream Cheese Icing | 1/4 Pouch (.75 oz/21g) | 8 | 60 | 10 | 1 | 0 | 0 | 0 | 45 | 12 | 0 | 12 | 0 | 0 | 0 | 0 | 0 |
| 898 | Sausage, Egg & Cheese Biscuit | 1 sandwich (157g) | 6 | 490 | 300 | 33 | 15 | 4.5 | 150 | 1080 | 31 | 1 | 7 | 15 | 8 | 4 | 15 | 10 |
| 921 | Cinnamon Apple Breakfast Bites | 4 Bites (113g) | 5 | 290 | 100 | 11 | 7 | 0 | 10 | 460 | 47 | 4 | 16 | 5 | 2 | 0 | 4 | 10 |
| 928 | Blueberry Breakfast Bites | 4 Bites (113g) | 5 | 290 | 100 | 11 | 7 | 0 | 10 | 470 | 47 | 4 | 18 | 5 | 2 | 0 | 4 | 10 |
| 949 | POUCHES® Sausage Breakfast Bagel | 1 piece (128g) | 6 | 340 | 110 | 12 | 4.5 | 1.5 | 75 | 700 | 42 | 2 | 7 | 15 | 4 | 4 | 10 | 15 |

CHICKEN & TURKEY

| | | | | | | | | | | | | | | | | | | |
|-----|-------------------------------------|--|---------|-----|-----|-----|-----|---|----|-----|----|----|---|----|---|---|---|----|
| 404 | Oven Baked Breaded Chicken Breast | ✓ 3 oz. (84g) | 11 | 150 | 50 | 6 | 1 | 0 | 35 | 390 | 7 | 0 | 0 | 18 | 0 | 0 | 0 | 4 |
| 407 | Boneless Skinless Chicken Breasts | ✓ 4 oz. (112g) | 20 | 100 | 10 | 1 | 0 | 0 | 65 | 350 | 0 | 0 | 0 | 23 | 0 | 2 | 0 | 4 |
| 418 | Pot Pie Stuffed Chicken Breast | ✓ 1 piece (140g/5g) | 4 | 230 | 80 | 9 | 1 | 0 | 40 | 510 | 18 | <1 | 3 | 19 | 6 | 4 | 4 | 4 |
| 433 | Philly Style Chicken | ✓ 1 piece (99g) | 6 | 100 | 30 | 3.5 | 1.5 | 0 | 40 | 380 | 1 | 0 | 0 | 16 | 0 | 0 | 0 | 2 |
| 460 | Fully Cooked Turkey Sausage Patties | ✓ 2 patties (2.5 oz) 71g | 6 | 140 | 65 | 7 | 2 | 0 | 50 | 340 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 32 |
| 474 | Crispy Chicken Wings | 3 pieces, edible portion (73g) | about 9 | 190 | 120 | 13 | 3.5 | 0 | 45 | 430 | 6 | 0 | 0 | 13 | 0 | 0 | 0 | 4 |
| | with Buffalo Style Sauce | 3 pieces, edible portion (73g) and sauce (25g) | about 9 | 210 | 130 | 14 | 3.5 | 0 | 45 | 840 | 7 | <1 | 0 | 13 | 6 | 4 | 0 | 6 |



Diabetesfriendly

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- 14 day meal plans designed by registered dietitians for men and women make meal planning easy for people with diabetes.

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LIVEMART™ PRODUCTS
SERVING SIZE

SERVINGS PER CONTAINER

CALORIES

CALORIES FROM FAT

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

TOTAL CARBOHYDRATES (g)

DIETARY FIBER (g)

SUGARS (g)

PROTEIN (g)

VITAMIN A (% Daily Value)

VITAMIN C (% Daily Value)

CALCIUM (% Daily Value)

IRON (% Daily Value)

CHICKEN & TURKEY cont.

| | | | | | | | | | | | | | | | | | | |
|-----|--|--|----------|-----|-----|-----|-----|---|----|-----|----|----|---|----|----|----|----|----|
| 475 | Crispy Chicken Wings | 3 pieces, edible portion (73g) | about 9 | 190 | 120 | 13 | 3.5 | 0 | 45 | 430 | 6 | 0 | 0 | 13 | 0 | 0 | 0 | 4 |
| | with BBQ Style Sauce | 3 pieces, edible portion (73g) and sauce (25g) | about 9 | 230 | 130 | 14 | 3.5 | 0 | 45 | 710 | 12 | <1 | 5 | 13 | 2 | 4 | 0 | 6 |
| 477 | Roasted Chicken Breast Halves | 1/2 piece (79g/2.8 oz.) | about 8 | 130 | 45 | 5 | 1.5 | 0 | 55 | 680 | 2 | 0 | 1 | 19 | 0 | 0 | 0 | 4 |
| 490 | Breaded Chicken Breast Patties | 1 pattie (85g) | about 12 | 180 | 90 | 9 | 2 | 0 | 35 | 470 | 12 | <1 | 0 | 12 | 2 | 2 | 2 | 2 |
| 491 | Turkey Mignon | 1 piece (154g) | 4 | 220 | 70 | 8 | 3 | 0 | 85 | 690 | 3 | 0 | 0 | 35 | 0 | 0 | 0 | 10 |
| 493 | Lemon Pepper Chicken | 1 filet (128g) | about 8 | 180 | 90 | 10 | 2.5 | 0 | 55 | 570 | 1 | 0 | 0 | 23 | 6 | 2 | 0 | 2 |
| 494 | Oven Roasted Chicken Bites | ✓ 3 oz. (84g) | 8 | 90 | 10 | 1 | 0 | 0 | 45 | 450 | <1 | 0 | 0 | 19 | 0 | 0 | 0 | 2 |
| 496 | Chicken Breast Meat for Fajitas | ✓ 3 oz. (84g) | about 9 | 150 | 45 | 5 | 1.5 | 0 | 60 | 420 | 3 | 0 | 2 | 21 | 0 | 0 | 0 | 4 |
| 500 | Bar-B-Que Wings | 3 oz. (84g) | about 9 | 180 | 110 | 11 | 3 | 0 | 50 | 260 | 5 | 0 | 3 | 15 | 2 | 2 | 0 | 4 |
| 501 | Crispy Chicken Breast Strips | 2 pieces (114g) | about 10 | 220 | 70 | 8 | 1 | 0 | 35 | 720 | 22 | 2 | 0 | 16 | 0 | 2 | 2 | 8 |
| 502 | Unbreaded Chicken Breast Filets | ✓ 1 piece (113g/4 oz.) | 10 | 110 | 10 | 1.5 | 0 | 0 | 60 | 330 | 0 | 0 | 0 | 23 | 0 | 2 | 2 | 4 |
| 505 | Breaded Chicken Breast Tenderloin Strips | 4 oz. (112g) | 12 | 150 | 0 | 0.5 | 0 | 0 | 45 | 410 | 17 | <1 | 0 | 19 | 0 | 0 | 0 | 6 |
| 507 | Buffalo Style Boneless Wingz | 4 pieces (91g/3.3 oz.) | about 12 | 180 | 60 | 7 | 1.5 | 0 | 30 | 910 | 19 | <1 | 0 | 11 | 10 | 0 | 0 | 4 |
| 508 | Oriental Asian Style Teriyaki Boneless Wingz | 4 pieces (91g/3.3 oz.) | about 12 | 190 | 30 | 3.5 | 1 | 0 | 30 | 370 | 28 | 0 | 6 | 11 | 0 | 0 | 0 | 4 |
| 509 | Roasted Chicken Drumsticks | 1 drumstick (95g) | about 6 | 140 | 60 | 6 | 1.5 | 0 | 60 | 740 | 4 | 0 | 2 | 18 | 0 | 4 | 0 | 6 |
| 512 | Seasoned Stuffed Chicken Breast | 1 piece (140g/5 oz.) | 4 | 240 | 140 | 15 | 6 | 0 | 80 | 710 | 4 | 2 | 1 | 22 | 8 | 15 | 15 | 6 |
| 513 | Chicken Drumsticks | 3 pieces (78g) | about 15 | 210 | 110 | 12 | 3 | 0 | 55 | 510 | 15 | 0 | 1 | 10 | 0 | 2 | 0 | 2 |
| 514 | Diced Chicken Breast Meat | ✓ 3 oz. (85g) | 8 | 100 | 15 | 2 | 0 | 0 | 55 | 520 | 0 | 0 | 0 | 20 | 0 | 4 | 0 | 2 |
| 517 | Buffalo Wings | 3 oz. (84g/edible portion) | about 9 | 170 | 100 | 11 | 2.5 | 0 | 50 | 470 | 3 | 0 | 0 | 15 | 4 | 2 | 0 | 4 |
| 518 | Chicken Fries | 8 chicken pieces (88g) | about 13 | 210 | 130 | 14 | 2.5 | 0 | 40 | 610 | 13 | 0 | 1 | 11 | 2 | 2 | 2 | 4 |
| 524 | Chicken Pattie Nuggets | 6 nuggets (85g/3 oz.) | about 11 | 200 | 80 | 9 | 2 | 0 | 45 | 410 | 17 | 0 | 0 | 12 | 0 | 0 | 0 | 4 |
| 526 | Popcorn Chicken | 8 pieces (85g) | about 11 | 170 | 50 | 6 | 1 | 0 | 25 | 460 | 16 | 1 | 0 | 12 | 0 | 2 | 2 | 4 |
| 581 | Turkey & Pork Meatballs | ✓ 3 meatballs (85g) | about 8 | 120 | 50 | 6 | 2 | 0 | 45 | 430 | 4 | 1 | 0 | 13 | 15 | 4 | 2 | 6 |
| 583 | Chicken Cordon Bleu | 1 piece (140g/5 oz.) | 4 | 300 | 170 | 19 | 5 | 0 | 75 | 710 | 10 | <1 | 2 | 24 | 4 | 2 | 10 | 6 |
| 584 | Chicken Kiev | 1 piece (140g/5 oz.) | 4 | 380 | 250 | 27 | 9 | 0 | 90 | 510 | 13 | <1 | 1 | 19 | 2 | 2 | 2 | 6 |
| 588 | Chicken Bites | 4 pieces (88g) | 12 | 160 | 50 | 6 | 1 | 0 | 30 | 500 | 12 | 0 | 0 | 14 | 0 | 2 | 2 | 2 |
| 590 | Hot & Spicy Chicken Breast Filet | 3 oz. (84g) | 11 | 140 | 40 | 4.5 | 1 | 0 | 35 | 240 | 10 | <1 | 0 | 16 | 2 | 0 | 0 | 4 |

DESSERTS

| | | | | | | | | | | | | | | | | | | |
|-----|---|--------------------------|----|-----|-----|----|-----|-----|-----|-----|----|----|----|---|----|----|----|---|
| 081 | Roasted Apple Crisp Kit | 1/8 crisp (113g/4 oz) | 8 | 180 | 60 | 6 | 3 | 0 | 5 | 110 | 30 | 2 | 12 | 2 | 2 | 0 | 2 | 4 |
| 082 | Peach Pie | 1/10 pie (133g/4.69 oz.) | 10 | 330 | 140 | 16 | 7 | 0 | 0 | 340 | 46 | 1 | 22 | 3 | 2 | 2 | 0 | 2 |
| 083 | Pumpkin Pie | 1/8 pie (131g/4.6 oz) | 8 | 290 | 120 | 14 | 6 | 0 | 45 | 310 | 37 | 1 | 18 | 5 | 30 | 4 | 6 | 4 |
| 085 | Old-Fashioned Apple Pie | 1/12 pie (116g/4 oz) | 12 | 290 | 120 | 14 | 6 | 0 | 0 | 280 | 41 | 1 | 20 | 2 | 2 | 0 | 0 | 2 |
| 090 | Double Lemon Supreme Pie | 1/9 pie (129g) | 9 | 420 | 160 | 17 | 10 | 0 | 60 | 290 | 58 | 0 | 48 | 7 | 8 | 10 | 20 | 4 |
| 091 | Key Lime Pie | 1/8 pie (128g/4.5 oz) | 8 | 450 | 200 | 22 | 16 | 0 | 50 | 310 | 57 | 0 | 46 | 6 | 4 | 6 | 20 | 4 |
| 096 | Pecan Pie | 1/8 pie (120g/4.3 oz) | 8 | 480 | 240 | 26 | 8 | 0 | 65 | 290 | 59 | 2 | 22 | 4 | 4 | 2 | 2 | 8 |
| 257 | Rainbow CONFETTI™ Ice Cream Cake | 1/8 cake (85g) | 8 | 160 | 70 | 8 | 6 | 0 | 20 | 45 | 19 | 1 | 14 | 2 | 4 | 0 | 8 | 0 |
| 324 | SCHWAN'S MONSTER MANIA® Frozen Cookie Dough | 1 cookie (43g) | 32 | 190 | 90 | 10 | 3.5 | 1 | 15 | 150 | 25 | 1 | 14 | 3 | 2 | 0 | 0 | 6 |
| 330 | Microwave Brownie | 1 tray (71g) | 4 | 290 | 140 | 15 | 5 | 0 | 0 | 260 | 38 | 2 | 23 | 3 | 0 | 0 | 2 | 8 |
| 619 | Gluten Free Chocolate Chip Cookie Dough - REGIONAL | 1 cookie (43g) | 9 | 190 | 90 | 10 | 4.5 | 0 | 15 | 150 | 26 | 1 | 14 | 1 | 0 | 0 | 2 | 2 |
| 620 | Gluten Free Brownies - REGIONAL | 1 brownie (38g) | 9 | 170 | 70 | 8 | 1 | 0 | 30 | 120 | 24 | 1 | 17 | 1 | 0 | 0 | 0 | 0 |
| 935 | *ANDES® Mint Crème Pie | 1/6 pie (139g) | 6 | 500 | 260 | 28 | 21 | 0 | 5 | 330 | 59 | 1 | 44 | 5 | 0 | 0 | 8 | 6 |
| 644 | Chocolate Chip Frozen Cookie Dough | 1 cookie (28g) | 40 | 120 | 50 | 6 | 2 | 1.5 | 10 | 105 | 18 | <1 | 11 | 1 | 0 | 0 | 0 | 4 |
| 652 | Oatmeal Raisin Frozen Cookie Dough | ✓ 1 cookie (28g) | 40 | 110 | 30 | 3 | 1.5 | 0 | 10 | 100 | 18 | 1 | 11 | 2 | 0 | 0 | 0 | 4 |
| 655 | Peanut Butter Chocolate Chunk Supreme Frozen Cookie Dough | 1 cookie (43g) | 32 | 190 | 90 | 10 | 3 | 1 | 15 | 240 | 23 | 1 | 15 | 3 | 2 | 0 | 2 | 4 |
| 660 | Apple Blueberry Cobbler | ✓ 1 cobbler (113g) | 4 | 150 | 10 | 1 | 0.5 | 0 | 0 | 20 | 35 | 2 | 26 | 1 | 0 | 0 | 0 | 4 |
| 808 | Raspberry Oat Strusel Bars | 1 piece (45g) | 12 | 160 | 60 | 6 | 4 | 0 | 24 | 150 | 24 | 1 | 12 | 2 | 4 | 0 | 2 | 4 |
| 873 | Triple Layer Chocolate Fudge Cake | 1/9 cake (82g/2.9 oz.) | 9 | 280 | 100 | 11 | 4 | 0 | 20 | 220 | 44 | 2 | 31 | 3 | 4 | 0 | 4 | 8 |
| 897 | Cheesecake Miniatures Assortment | | | | | | | | | | | | | | | | | |
| | New York Miniatures | 4 minis (85g/3 oz) | 2 | 310 | 190 | 21 | 12 | 1 | 105 | 220 | 24 | 1 | 19 | 5 | 10 | 0 | 4 | 8 |
| | Turtle Cheesecake Miniatures | 4 minis (85g/3 oz) | 2 | 310 | 180 | 20 | 11 | 0.5 | 80 | 190 | 28 | 1 | 20 | 5 | 8 | 0 | 4 | 4 |
| | Raspberry Swirl Cheesecake Miniatures | 4 minis (85g/3 oz) | 2 | 310 | 190 | 21 | 12 | 1 | 105 | 220 | 24 | 1 | 19 | 5 | 10 | 0 | 4 | 8 |
| 933 | Cherry Pie | 1/10 pie (130g/4.6 oz) | 10 | 310 | 120 | 14 | 6 | 0 | 0 | 270 | 43 | 1 | 20 | 3 | 4 | 0 | 2 | 4 |
| 943 | Double Layer Chocolate Cake | 1/8 cake (3.5 oz/99g) | 8 | 380 | 130 | 14 | 8 | 0 | 40 | 300 | 59 | 2 | 19 | 4 | 2 | 0 | 4 | 6 |

*ANDES® is a registered trademark of Tootsie Roll Industries, LLC.

LIVEMART™ Products = ✓

< = Less Than

NA = Information not available

ORDER ONLINE AT SCHWANS.COM



LIVESMART™ PRODUCTS
SERVING SIZE

SERVINGS PER CONTAINER

CALORIES

CALORIES FROM FAT

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

TOTAL CARBOHYDRATES (g)

DIETARY FIBER (g)

SUGARS (g)

PROTEIN (g)

VITAMIN A (% Daily Value)

VITAMIN C (% Daily Value)

CALCIUM (% Daily Value)

IRON (% Daily Value)

DINNERS AND ENTREES

| | | | | | | | | | | | | | | | | | | |
|-----|---|--|-----------|-----|-----|-----|-----|-----|-----|------|----|----|----|----|-----|-----|----|----|
| 409 | SCHWAN'S WINE COUNTRY CLASSICS™ Beef Merlot | 1 cup (220g) | about 3 | 210 | 45 | 5 | 1 | 0 | 40 | 720 | 22 | 1 | 3 | 17 | 60 | 4 | 6 | 20 |
| 410 | SCHWAN'S WINE COUNTRY CLASSICS™ Sweet Bourbon Glazed Chicken | 1/2 bag (359g) | 2 | 420 | 15 | 1.5 | 0 | 0 | 60 | 940 | 59 | 4 | 30 | 29 | 35 | 70 | 10 | 20 |
| 422 | Creamed Chipped Beef | 1 cup (262g) | about 3.5 | 370 | 220 | 25 | 14 | 0.5 | 105 | 1350 | 19 | 0 | 7 | 20 | 15 | 2 | 20 | 8 |
| 431 | FRESCO BY SCOTTO® Fusilli with Seasonal Vegetable | 1 cup (227g) | 3 | 390 | 180 | 20 | 10 | 0 | 35 | 710 | 40 | 3 | 4 | 14 | 100 | 25 | 15 | 8 |
| 447 | Cashew Chicken | 1 cup (255g) | 2.5 | 360 | 70 | 8 | 1.5 | 0 | 25 | 880 | 56 | 2 | 23 | 16 | 60 | 6 | 4 | 10 |
| 450 | Chicken Lo Mein | 1 cup (205g) | 3 | 280 | 25 | 2.5 | 0.5 | 0 | 30 | 1150 | 45 | 2 | 9 | 17 | 4 | 35 | 2 | 15 |
| 452 | Cantonese Steamed Cod with Ginger and Soy - REGIONAL | 1 steam pouch with sauce (343g) | 2 | 270 | 30 | 3.5 | 0 | 0 | 45 | 820 | 31 | 3 | 9 | 26 | 20 | 60 | 6 | 10 |
| 453 | Salmon Teriyaki - REGIONAL | 1 steam pouch with sauce (354g) | 2 | 470 | 160 | 18 | 3.5 | 0 | 40 | 860 | 56 | 4 | 30 | 21 | 20 | 60 | 4 | 8 |
| 456 | Drunken Noodles | 1 cup (205g) | 3.5 | 260 | 60 | 7 | 1.5 | 0 | 80 | 740 | 35 | 2 | 10 | 14 | 4 | 8 | 6 | 10 |
| 457 | Chicken Casserole | 1 cup (253g) | about 4 | 320 | 130 | 14 | 4 | 1.5 | 35 | 1020 | 32 | 2 | 2 | 15 | 35 | 4 | 6 | 8 |
| 459 | Homestyle Beef Goulash | 1 cup (227g) | about 4.5 | 270 | 110 | 12 | 5 | 1 | 40 | 440 | 25 | 1 | 7 | 14 | 15 | 4 | 10 | 15 |
| 466 | SCHWAN'S® Roasted Garlic Chicken - REGIONAL | 1 pouched meal (330g) | 2 | 400 | 180 | 21 | 11 | 0.5 | 110 | 1450 | 27 | 4 | 3 | 29 | 25 | 50 | 25 | 10 |
| 467 | SCHWAN'S® Steam-Baked Smoked Apple & Uncured Bacon Chicken - REGIONAL | 1 pouched meal (321g) | 2 | 350 | 120 | 13 | 5 | 0 | 75 | 1340 | 38 | 5 | 16 | 23 | 45 | 10 | 6 | 10 |
| 468 | SCHWAN'S® Pork in Chipotle BBQ Sauce - REGIONAL | 1 pouched meal (339g) | 2 | 470 | 110 | 12 | 4.5 | 0 | 60 | 860 | 67 | 5 | 34 | 23 | 45 | 15 | 8 | 15 |
| 472 | FRESCO BY SCOTTO® Penne alla Vodka with Chicken | 1 cup (227g/8oz.) | 3 | 340 | 110 | 12 | 7 | 0 | 55 | 690 | 34 | 1 | 5 | 19 | 10 | 15 | 10 | 4 |
| 478 | FRESCO BY SCOTTO® Penne Gratin | 1 cup (227g/8oz.) | 3 | 450 | 210 | 23 | 14 | 0 | 75 | 610 | 35 | 1 | 4 | 25 | 10 | 0 | 45 | 4 |
| 480 | Beef Shepherd's Pie | 1 cup (213g) | about 5 | 300 | 150 | 16 | 6 | 2.5 | 40 | 710 | 21 | 2 | 6 | 14 | 60 | 8 | 15 | 15 |
| 484 | BON APPETIT™ Roasted Garlic Chicken - REGIONAL | 1 pouched meal (321g) | 2 | 360 | 130 | 15 | 6 | 0 | 75 | 1420 | 38 | 4 | 17 | 22 | 35 | 10 | 6 | 10 |
| 486 | BON APPETIT™ Apple Bacon Chicken - REGIONAL | 1 pouched meal (330g) | 2 | 390 | 180 | 20 | 11 | 0.5 | 105 | 1440 | 24 | 4 | 3 | 28 | 25 | 50 | 25 | 10 |
| 487 | BON APPETIT™ Pork Chipotle - REGIONAL | 1 pouched meal (339g) | 2 | 470 | 110 | 12 | 4.5 | 0 | 60 | 860 | 67 | 5 | 34 | 23 | 45 | 15 | 8 | 15 |
| 543 | Creamy Shrimp Scampi with Linguini | ✓ 1/2 tray (340g) | 2 | 390 | 80 | 9 | 2 | 0 | 135 | 750 | 50 | 2 | 7 | 27 | 8 | 50 | 15 | 25 |
| 593 | Lasagna with Meat Sauce | 1 cup (227g) | 8 | 310 | 110 | 12 | 6 | 0.5 | 25 | 700 | 34 | 5 | 6 | 18 | 6 | 10 | 20 | 25 |
| 600 | Husk Wrapped Beef Tamales | 1 tamale (112g) | 6 | 190 | 80 | 8 | 1.5 | 0 | 20 | 660 | 20 | 3 | 2 | 9 | 0 | 0 | 4 | 10 |
| 602 | Chicken Enchilada | ✓ 1 enchilada with rice and sauce (151g) | 6 | 180 | 70 | 8 | 3 | 0 | 30 | 640 | 17 | 2 | 2 | 11 | 6 | 10 | 8 | 4 |
| 678 | Chicken Pot Pie | 1 pot pie (284g) | 4 | 660 | 370 | 40 | 14 | 0 | 20 | 1000 | 56 | 5 | 4 | 17 | 20 | 0 | 4 | 15 |
| 679 | Turkey Pot Pie | 1 pot pie (284g) | 4 | 700 | 400 | 44 | 16 | 0 | 45 | 810 | 55 | 4 | 6 | 19 | 35 | 4 | 4 | 5 |
| 688 | Shrimp and Broccoli Alfredo Meal Kit | 1/4 package (227g) | 4 | 270 | 100 | 11 | 6 | 0.5 | 100 | 650 | 24 | 2 | 1 | 17 | 15 | 50 | 20 | 15 |
| 695 | Chicken & Broccoli with Cheesy Rice Meal Kit | 1 cup (227g) | 4 | 240 | 70 | 8 | 4 | 0 | 40 | 940 | 28 | 2 | 4 | 16 | 15 | 45 | 20 | 4 |
| 696 | Chicken Alfredo Rigatoni Meal Kit | 1/4 pkg (227g) | 4 | 280 | 110 | 12 | 7 | 0 | 50 | 820 | 25 | 3 | 2 | 17 | 15 | 35 | 20 | 10 |
| 701 | Wonton Noodles | 1 bowl (308g) | 2 | 200 | 60 | 7 | 1 | 0 | 10 | 990 | 22 | <1 | 3 | 10 | 15 | 4 | 2 | 6 |
| 704 | Gluten Free Macaroni & Cheese - REGIONAL | 1 tray (340g) | 1 | 520 | 140 | 15 | 8 | 0 | 50 | 780 | 75 | 0 | 7 | 20 | 15 | 0 | 45 | 10 |
| 707 | White Meat Chicken and Wild Rice Soup | 1 cup (245g) | about 3 | 230 | 150 | 17 | 6 | 0 | 55 | 850 | 10 | <1 | 1 | 10 | 40 | 2 | 4 | 0 |
| 711 | Beef Stir Fry with Asian Noodles Meal Kit | ✓ 1 cup (227g) | about 4 | 210 | 35 | 4 | 1 | 0 | 45 | 500 | 30 | 2 | 6 | 14 | 8 | 35 | 4 | 15 |
| 714 | Chicken Enchilada Dinner | ✓ 1 tray (340g) | 1 | 360 | 80 | 9 | 2.5 | 0 | 40 | 760 | 53 | 2 | 10 | 18 | 20 | 50 | 20 | 15 |
| 716 | Family Meat Lasagna with Four Cheese Blend | 1 cup (227g) | 4 | 400 | 120 | 14 | 6 | 0 | 45 | 650 | 44 | 3 | 5 | 23 | 15 | 8 | 25 | 20 |
| 718 | Beef Tips Dinner | ✓ 1 tray (340g) | 1 | 310 | 60 | 7 | 3 | 0 | 50 | 790 | 27 | 4 | 5 | 32 | 8 | 25 | 6 | 20 |
| 722 | Chicken Vegetable Soup With Multi Grain Dinner Rolls | | | | | | | | | | | | | | | | | |
| | Soup prepared with water | 1 cup (245g) | 4 | 130 | 45 | 7 | 3.5 | 0 | 45 | 880 | 14 | 2 | 6 | 18 | 60 | 20 | 8 | 2 |
| | Dinner Rolls | 1 roll (1 oz/28g) | 7 | 90 | 15 | 1.5 | 0 | 0 | 16 | 135 | 16 | 2 | 4 | 3 | 0 | 0 | 2 | 4 |
| 729 | Beef Pot Pie | 1 pot pie (284g) | 4 | 670 | 340 | 38 | 15 | 0 | 30 | 900 | 59 | 4 | 5 | 22 | 25 | 4 | 2 | 25 |
| 731 | Blackened Chicken Alfredo with Vegetables Dinner | ✓ 1 tray (340g) | 1 | 300 | 50 | 6 | 2 | 0 | 60 | 780 | 34 | 4 | 8 | 27 | 15 | 110 | 10 | 15 |
| 734 | Roasted Turkey & Vegetables Dinner | ✓ 1 tray (340g) | 1 | 230 | 70 | 7 | 3 | 0 | 65 | 780 | 14 | 3 | 5 | 27 | 15 | 70 | 8 | 10 |
| 741 | Spaghetti and Meat Sauce Dinner | ✓ 1 tray (340g) | 1 | 360 | 80 | 9 | 3 | 0 | 20 | 720 | 53 | 4 | 10 | 16 | 15 | 30 | 8 | 20 |
| 742 | Sweet and Sour Chicken Dinner | ✓ 1 tray (340g) | 1 | 370 | 20 | 2.5 | 0 | 0 | 55 | 790 | 66 | 2 | 28 | 19 | 4 | 25 | 4 | 15 |
| 750 | Roasted Turkey Tenders with Gravy and Mashed Potatoes | 1/4 package (269g) | 4 | 300 | 110 | 12 | 3 | 0 | 60 | 810 | 23 | 2 | 4 | 24 | 8 | 8 | 6 | 8 |
| 751 | Single Serve Macaroni & Cheese | 1 tray (340g) | 1 | 450 | 150 | 17 | 10 | 0 | 40 | 1430 | 52 | 5 | 7 | 22 | 30 | 0 | 40 | 10 |
| 757 | Creamy Garlic Chicken Meal Kit | ✓ 1/4 package (227g) | 4 | 280 | 90 | 10 | 1 | 0 | 20 | 600 | 34 | 2 | 5 | 14 | 15 | 20 | 8 | 35 |
| 762 | FRESCO BY SCOTTO® Baked Ziti | 1 cup (227g) | 3 | 310 | 100 | 11 | 6 | 0 | 30 | 660 | 34 | 1 | 4 | 18 | 15 | 20 | 35 | 8 |



The 2010 Dietary Guidelines for Americans say:

- Reduce daily sodium intake to less than 2,300 milligrams (mg) per day
- Consume less than 10% of calories from saturated fats
- Consume less than 300 mg per day of dietary cholesterol
- Keep trans fatty acid consumption as low as possible
- Reduce the intake of calories from solid fats and added sugars



Heart health

The Hearthealth meal plan is right for you if you want to follow these guidelines:

- Moderate in fat, saturated fat and cholesterol
 - Zero grams of trans fat per serving
 - Moderate in sodium or salt

ORDER ONLINE AT SCHWANS.COM



LIVEMART™ PRODUCTS
SERVING SIZE

SERVINGS PER CONTAINER

CALORIES

CALORIES FROM FAT

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

TOTAL CARBOHYDRATES (g)

DIETARY FIBER (g)

SUGARS (g)

PROTEIN (g)

VITAMIN A (% Daily Value)

VITAMIN C (% Daily Value)

CALCIUM (% Daily Value)

IRON (% Daily Value)

DINNERS & ENTREES cont.

| | | | | | | | | | | | | | | | | | | | |
|-----|---|---|-------------------|---------|-----|-----|-----|-----|-----|----|------|----|----|----|----|-----|----|----|----|
| 793 | Rotini Alfredo with Broccoli Florets | ✓ | 1 1/2 cups (340g) | 1 | 320 | 60 | 7 | 3 | 0 | 10 | 720 | 49 | 4 | 8 | 12 | 6 | 45 | 20 | 10 |
| 801 | Blackened Chicken Alfredo with Fettuccini Noodles | | 1 cup (255g) | 4 | 360 | 150 | 17 | 6 | 0.5 | 55 | 970 | 34 | 1 | 6 | 17 | 10 | 0 | 15 | 8 |
| 826 | Beef Portabella Dinner | ✓ | 1/2 entrée (340g) | 2 | 320 | 80 | 9 | 3 | 0 | 25 | 550 | 35 | 4 | 7 | 27 | 200 | 45 | 10 | 10 |
| 829 | Southwest Style Lime Chicken | | 1/2 pan (340g) | 2 | 510 | 210 | 23 | 11 | 0 | 95 | 840 | 47 | 1 | 5 | 27 | 20 | 15 | 30 | 10 |
| 841 | Chili with Beans | ✓ | 1 bowl (283g) | 1 | 280 | 70 | 8 | 3 | 0 | 45 | 750 | 25 | 6 | 5 | 26 | 30 | 50 | 8 | 25 |
| 842 | Tuscan Vegetable Soup | ✓ | 1 bowl (283g) | 1 | 140 | 35 | 4 | 0.5 | 0 | 0 | 790 | 19 | 4 | 6 | 5 | 15 | 35 | 6 | 8 |
| 852 | Loaded Baked Potato Soup | | 1 cup (245g) | about 3 | 300 | 210 | 23 | 12 | 0 | 65 | 860 | 18 | 1 | 2 | 6 | 15 | 10 | 10 | 4 |
| 853 | Tomato Basil Soup | | 1 cup (245g) | about 3 | 270 | 190 | 21 | 10 | 0 | 55 | 710 | 17 | <1 | 7 | 3 | 35 | 25 | 4 | 6 |
| 854 | Chicken Tortilla Soup | | 1 cup (245g) | about 3 | 150 | 30 | 3.5 | 0.5 | 0 | 25 | 610 | 16 | 1 | 3 | 12 | 6 | 15 | 8 | 6 |
| 883 | Fettuccini Alfredo with Chicken and Broccoli | | 1 cup (340g) | 2 | 470 | 170 | 19 | 10 | 0 | 90 | 990 | 43 | 3 | 7 | 26 | 15 | 35 | 25 | 10 |
| 888 | Chicken & Broccoli Express Bowl | | 1 bowl (340g) | 2 | 430 | 120 | 13 | 6 | 0 | 50 | 1050 | 56 | 2 | 5 | 23 | 15 | 25 | 25 | 15 |
| 889 | Chicken Teriyaki Express Bowl | | 1 bowl (340g) | 2 | 390 | 40 | 4 | 1 | 0 | 25 | 1190 | 69 | 3 | 18 | 18 | 8 | 40 | 4 | 20 |
| 893 | Sliced Beef with Mashed Potatoes | | 1/4 tray (284g) | 4 | 320 | 130 | 14 | 4 | 0 | 55 | 720 | 24 | 2 | 4 | 24 | 10 | 10 | 6 | 10 |
| 952 | Sweet and Sour Chicken with Rice | ✓ | 1 cup (204g) | about 5 | 250 | 10 | 1 | 0 | 0 | 20 | 550 | 49 | 1 | 20 | 8 | 0 | 15 | 0 | 10 |
| 959 | Italian Style Lasagna | | 1 cup (226g) | 6 | 380 | 130 | 15 | 7 | 0 | 55 | 890 | 38 | 3 | 3 | 21 | 10 | 10 | 20 | 15 |

FRUIT Grade A

| | | | | | | | | | | | | | | | | | | | |
|-----|--------------------|---|----------------|-----------|----|---|---|---|---|---|----|----|---|----|----|---|-----|---|---|
| 745 | Whole Strawberries | ✓ | 1 cup (140g) | about 6 | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 3 | 9 | 1 | 0 | 90 | 2 | 4 |
| 803 | Golden Fruit Blend | ✓ | 3/4 cup (140g) | about 6 | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 2 | 12 | <1 | 8 | 130 | 0 | 2 |
| 804 | Whole Blueberries | ✓ | 3/4 cup (131g) | about 3.5 | 80 | 0 | 0 | 0 | 0 | 0 | 10 | 18 | 6 | 10 | <1 | 0 | 8 | 0 | 0 |
| 805 | Fruit Cups | ✓ | 1 cup (113g) | 6 | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 2 | 15 | 1 | 4 | 90 | 2 | 2 |
| 926 | Triple Berry Blend | ✓ | 1 cup (126g) | about 5 | 70 | 0 | 0 | 0 | 0 | 0 | 15 | 17 | 3 | 11 | 1 | 2 | 20 | 6 | 4 |

ICE CREAM

FROZEN YOGURT, SHERBET, & SORBET

| | | | | | | | | | | | | | | | | | | | |
|-----|--|---|---------------|----|-----|----|-----|-----|---|----|----|----|---|----|---|---|---|----|---|
| 237 | Rainbow Sherbet 56 fl. oz. | ✓ | 1/2 cup (87g) | 14 | 120 | 10 | 1 | 0.5 | 0 | 5 | 25 | 28 | 0 | 21 | 1 | 0 | 0 | 2 | 0 |
| 238 | Passion Punch Sherbet 56 fl. oz. | ✓ | 1/2 cup (87g) | 14 | 130 | 10 | 1 | 0.5 | 0 | 5 | 30 | 28 | 0 | 22 | 1 | 0 | 0 | 2 | 0 |
| 379 | Strawberry Supreme Frozen Yogurt 56 fl. oz. | ✓ | 1/2 cup (72g) | 14 | 120 | 25 | 3 | 2 | 0 | 10 | 60 | 22 | 0 | 14 | 2 | 0 | 2 | 6 | 0 |
| 382 | Peach Frozen Yogurt 56 fl. oz. | ✓ | 1/2 cup (72g) | 14 | 110 | 20 | 2 | 1.5 | 0 | 10 | 65 | 22 | 0 | 15 | 2 | 2 | 0 | 6 | 0 |
| 383 | Vanilla Frozen Yogurt 56 fl. oz. | ✓ | 1/2 cup (72g) | 14 | 110 | 25 | 3 | 2 | 0 | 10 | 65 | 19 | 0 | 13 | 3 | 2 | 0 | 10 | 0 |
| 384 | Chocolate Frozen Yogurt 56 fl. oz. | ✓ | 1/2 cup (72g) | 14 | 110 | 25 | 3 | 2 | 0 | 10 | 60 | 19 | 0 | 13 | 3 | 0 | 0 | 10 | 0 |
| 385 | Wild Berry Frozen Yogurt 56 fl. oz. | ✓ | 1/2 cup (72g) | 14 | 120 | 20 | 2.5 | 1.5 | 0 | 10 | 70 | 23 | 0 | 15 | 2 | 0 | 0 | 8 | 0 |
| 387 | Black Cherry Frozen Yogurt 56 fl. oz. | ✓ | 1/2 cup (72g) | 14 | 120 | 20 | 2.5 | 1.5 | 0 | 10 | 70 | 22 | 0 | 14 | 2 | 0 | 0 | 8 | 0 |
| 388 | Chocolate Fudge Brownie Frozen Yogurt 56 fl. oz. | ✓ | 1/2 cup (72g) | 14 | 130 | 25 | 3 | 1.5 | 0 | 10 | 65 | 23 | 0 | 14 | 3 | 0 | 0 | 10 | 2 |
| 389 | Triple Lemon Frozen Yogurt 56 fl. oz. | ✓ | 1/2 cup (72g) | 14 | 130 | 25 | 3 | 2 | 0 | 10 | 75 | 25 | 0 | 15 | 2 | 0 | 0 | 6 | 0 |

LIGHT & FAT FREE ICE CREAM

| | | | | | | | | | | | | | | | | | | | |
|-----|--|---|---------------|----|-----|----|-----|-----|---|----|----|----|---|----|---|---|---|----|---|
| 211 | Light Vanilla Caramel Brownie 56 fl. oz. | | 1/2 cup (68g) | 14 | 140 | 40 | 4.5 | 2.5 | 0 | 15 | 65 | 22 | 0 | 15 | 3 | 2 | 0 | 10 | 0 |
| 218 | Vanilla No Sugar No Fat Added 56 fl. oz. | ✓ | 1/2 cup (65g) | 14 | 70 | 0 | 0 | 0 | 0 | <5 | 70 | 19 | 0 | 5 | 3 | 6 | 0 | 10 | 0 |
| 371 | Light Vanilla 56 fl. oz. | | 1/2 cup (68g) | 14 | 110 | 30 | 3.5 | 2 | 0 | 15 | 50 | 15 | 0 | 13 | 3 | 2 | 0 | 10 | 0 |

PREMIUM ICE CREAM

| | | | | | | | | | | | | | | | | | | | |
|-----|---|--|---------------|----|-----|----|---|-----|-----|----|-----|----|---|----|---|---|---|---|---|
| 200 | Vanilla Bean 56 fl. oz. | | 1/2 cup (68g) | 14 | 140 | 70 | 8 | 5 | 0 | 30 | 35 | 15 | 0 | 13 | 2 | 6 | 0 | 8 | 0 |
| 201 | Vanilla 1 1/2 gal. | | 1/2 cup (65g) | 48 | 130 | 60 | 7 | 4 | 0 | 25 | 60 | 16 | 0 | 12 | 2 | 4 | 0 | 8 | 0 |
| 203 | Dulce de Leche Caramel 56 fl. oz. | | 1/2 cup (65g) | 14 | 140 | 60 | 6 | 4 | 0 | 25 | 65 | 20 | 0 | 15 | 2 | 4 | 0 | 8 | 0 |
| 204 | Vanilla 56 fl. oz. | | 1/2 cup (65g) | 14 | 130 | 60 | 7 | 4 | 0 | 25 | 60 | 16 | 0 | 12 | 2 | 4 | 0 | 8 | 0 |
| 207 | Toffee Caramel Crunch made with *HEATH® Pieces 56 fl. oz. | | 1/2 cup (68g) | 14 | 180 | 80 | 9 | 5 | 0 | 25 | 95 | 22 | 0 | 17 | 2 | 4 | 0 | 8 | 0 |
| 209 | Chip and Mint 56 fl. oz. | | 1/2 cup (65g) | 14 | 140 | 70 | 7 | 5 | 0 | 25 | 55 | 17 | 0 | 12 | 2 | 4 | 0 | 8 | 0 |
| 210 | Chocolate Marshmallow Ripple 56 fl. oz. | | 1/2 cup (65g) | 14 | 140 | 50 | 6 | 3.5 | 0 | 20 | 50 | 21 | 0 | 13 | 2 | 4 | 0 | 8 | 0 |
| 213 | Chocolate Ice Cream 56 fl. oz. | | 1/2 cup (65g) | 14 | 140 | 60 | 7 | 4.5 | 0 | 25 | 60 | 17 | 0 | 12 | 2 | 6 | 0 | 8 | 0 |
| 214 | Rocky Road 56 fl. oz. | | 1/2 cup (65g) | 14 | 150 | 60 | 7 | 4 | 0 | 20 | 55 | 20 | 0 | 13 | 2 | 4 | 0 | 8 | 0 |
| 215 | Strawberry 56 fl. oz. | | 1/2 cup (65g) | 14 | 130 | 60 | 7 | 4 | 0 | 25 | 30 | 15 | 0 | 13 | 2 | 6 | 0 | 6 | 0 |
| 217 | Peppermint Stick 56 oz. | | 1/2 cup (65g) | 14 | 140 | 60 | 6 | 4 | 0 | 25 | 55 | 18 | 0 | 14 | 2 | 4 | 0 | 8 | 0 |
| 219 | Butter Pecan 56 fl. oz. | | 1/2 cup (65g) | 14 | 140 | 80 | 8 | 4 | 0 | 25 | 90 | 15 | 0 | 11 | 2 | 4 | 0 | 8 | 0 |
| 220 | Cinnamon Ice Cream 56 fl. oz. | | 1/2 cup (65g) | 14 | 130 | 60 | 7 | 4 | 0 | 25 | 55 | 16 | 0 | 11 | 2 | 4 | 0 | 8 | 0 |
| 222 | AUTUMN TREAT® Ice Cream 56 fl. oz. | | 1/2 cup (65g) | 14 | 140 | 60 | 6 | 3.5 | 0 | 20 | 70 | 20 | 0 | 15 | 2 | 6 | 0 | 6 | 0 |
| 226 | Chocolate Chip Cookie Dough 56 fl. oz. | | 1/2 cup (65g) | 14 | 150 | 60 | 7 | 4 | 0.5 | 25 | 65 | 19 | 0 | 13 | 2 | 4 | 0 | 8 | 0 |
| 227 | Sweet & Salty 56 fl. oz. | | 1/2 cup (65g) | 14 | 150 | 60 | 7 | 4.5 | 0 | 25 | 140 | 20 | 0 | 13 | 2 | 4 | 0 | 8 | 0 |
| 228 | Chocolate Fudge Ripple 56 fl. oz. | | 1/2 cup (65g) | 14 | 130 | 60 | 6 | 4 | 0 | 25 | 55 | 18 | 0 | 12 | 2 | 4 | 0 | 8 | 0 |

*The HEATH® trade name and trade dress are used under license.

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SERVING SIZE

SERVINGS PER CONTAINER

CALORIES

CALORIES FROM FAT

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

TOTAL CARBOHYDRATES (g)

DIETARY FIBER (g)

SUGARS (g)

PROTEIN (g)

VITAMIN A (% Daily Value)

VITAMIN C (% Daily Value)

CALCIUM (% Daily Value)

IRON (% Daily Value)

| ICE CREAM cont. | | | | | | | | | | | | | | | | | | | |
|------------------------|---|---------------------|----|-----|-----|-----|-----|-----|----|-----|----|----|----|---|---|----|----|---|--|
| 229 | Maple Nut 56 fl. oz. | 1/2 cup (65g) | 14 | 150 | 80 | 8 | 4 | 0 | 25 | 60 | 15 | 0 | 11 | 3 | 4 | 0 | 8 | 0 | |
| 230 | Cookies & Cream 56 fl. oz. | 1/2 cup (65g) | 14 | 150 | 60 | 7 | 4 | 0 | 25 | 80 | 19 | 0 | 13 | 2 | 4 | 0 | 8 | 0 | |
| 231 | Summer's Dream 56 fl. oz. | 1/2 cup (72g) | 14 | 130 | 45 | 5 | 3 | 0 | 20 | 45 | 20 | 0 | 15 | 2 | 4 | 0 | 6 | 0 | |
| 232 | Dark Sweet Cherry 56 fl. oz. | 1/2 cup (65g) | 14 | 130 | 50 | 6 | 3.5 | 0 | 25 | 55 | 18 | 0 | 13 | 2 | 4 | 0 | 8 | 0 | |
| 235 | Loaded Waffle Cone with Peanut Butter Swirl 56 fl. oz. | 1/2 cup (65g) | 14 | 160 | 70 | 8 | 4.5 | 0 | 10 | 90 | 21 | <1 | 15 | 3 | 2 | 0 | 8 | 0 | |
| 236 | CONFETTI CAKE™ Ice Cream 56 fl. oz. | 1/2 cup (65g) | 14 | 140 | 60 | 6 | 3.5 | 0 | 30 | 60 | 20 | 0 | 15 | 2 | 4 | 0 | 6 | 0 | |
| 239 | Pecan Praline Sundae 56 fl. oz. | 1/2 cup (65g) | 14 | 140 | 60 | 7 | 4 | 0 | 25 | 75 | 19 | 0 | 14 | 2 | 4 | 0 | 8 | 0 | |
| 240 | Chocolate Malt Twist 56 fl. oz. | 1/2 cup (65g) | 14 | 140 | 60 | 7 | 4 | 0 | 25 | 55 | 17 | 0 | 12 | 2 | 4 | 0 | 8 | 0 | |
| 241 | Chocolate Almond 56 fl. oz. | 1/2 cup (65g) | 14 | 150 | 70 | 8 | 4 | 0 | 25 | 70 | 17 | <1 | 11 | 3 | 4 | 0 | 8 | 2 | |
| 242 | Chocolate Chip 56 fl. oz. | 1/2 cup (65g) | 14 | 140 | 70 | 7 | 5 | 0 | 25 | 55 | 17 | 0 | 12 | 2 | 4 | 0 | 8 | 0 | |
| 243 | Peanut Butter Candy Crunch Ice Cream 56 fl. oz. | 1/2 cup (65g) | 14 | 140 | 40 | 4.5 | 2.5 | 0 | 10 | 60 | 22 | 0 | 15 | 3 | 2 | 0 | 8 | 0 | |
| 251 | Vanilla 1 gal. | 1/2 cup (65g) | 32 | 130 | 60 | 7 | 4 | 0 | 25 | 60 | 16 | 0 | 12 | 2 | 4 | 0 | 8 | 0 | |
| 253 | Chocolate 1 gal. | 1/2 cup (65g) | 32 | 140 | 60 | 7 | 4.5 | 0 | 25 | 60 | 17 | 0 | 12 | 2 | 6 | 0 | 8 | 0 | |
| 254 | Chocolate Chip 1 gal. | 1/2 cup (65g) | 32 | 140 | 70 | 7 | 5 | 0 | 25 | 55 | 17 | 0 | 12 | 2 | 4 | 0 | 8 | 0 | |
| 255 | Coffee Flavored Ice Cream 56 fl. oz. | 1/2 cup (68g) | 14 | 140 | 60 | 6 | 4 | 0 | 25 | 55 | 18 | 0 | 13 | 2 | 4 | 0 | 8 | 0 | |
| 274 | Summers Dream 1 gal. | 1/2 cup (72g) | 32 | 130 | 45 | 5 | 3 | 0 | 20 | 45 | 20 | 0 | 15 | 2 | 4 | 0 | 6 | 0 | |
| 280 | Cookies & Cream 1 gal. | 1/2 cup (65g) | 32 | 150 | 60 | 7 | 4 | 0 | 25 | 80 | 19 | 0 | 13 | 2 | 4 | 0 | 8 | 0 | |
| 301 | Vanilla 2½ gal. | 1/2 cup (65g) | 80 | 130 | 60 | 7 | 4 | 0 | 25 | 60 | 16 | 0 | 12 | 2 | 4 | 0 | 8 | 0 | |
| 335 | Limited Edition Holiday French Vanilla Ice Cream Tin 1 gal. | 1/2 cup (71g) | 32 | 160 | 70 | 8 | 5 | 0 | 55 | 55 | 18 | 0 | 13 | 3 | 6 | 0 | 10 | 0 | |
| 361 | RASPBERRY RUMBLE® Ice Cream 56 fl. oz. | 1/2 cup (68g) | 14 | 160 | 70 | 7 | 5 | 0 | 20 | 45 | 21 | 0 | 16 | 2 | 4 | 0 | 8 | 0 | |
| 369 | Chocolate Peanut Butter Cup 56 fl. oz. | 1/2 cup (68g) | 14 | 190 | 100 | 11 | 6 | 0 | 20 | 105 | 20 | <1 | 15 | 3 | 4 | 0 | 8 | 0 | |
| 378 | CARB COMFORT® Butter Pecan 56 fl. oz. | 1/2 cup (65g) | 14 | 120 | 80 | 8 | 4 | 0 | 25 | 90 | 15 | 6 | 4 | 3 | 4 | 0 | 8 | 0 | |
| FROZEN TREATS | | | | | | | | | | | | | | | | | | | |
| 004 | English Toffee Bars | 1 bar (62g) | 24 | 200 | 120 | 13 | 10 | 0 | 20 | 65 | 18 | 0 | 15 | 2 | 4 | 0 | 8 | 0 | |
| 005 | SCHWAN'S® Ice Cream Bars | 1 bar (65g) | 24 | 190 | 120 | 14 | 10 | 0 | 20 | 50 | 17 | 0 | 14 | 2 | 4 | 0 | 8 | 0 | |
| 006 | Vanilla Ice Cream Cups | 1 sundae cup (54g) | 24 | 110 | 50 | 6 | 3.5 | 0 | 20 | 45 | 13 | 0 | 10 | 2 | 4 | 0 | 6 | 0 | |
| 007 | Vanilla Sundae Cones | 1 sundae cone (71g) | 24 | 200 | 90 | 10 | 6 | 0 | 20 | 80 | 25 | <1 | 15 | 3 | 4 | 0 | 8 | 0 | |
| 008 | Ice Cream Sandwiches | 1 sandwich (60g) | 24 | 160 | 50 | 5 | 3 | 0 | 15 | 110 | 25 | 0 | 11 | 2 | 4 | 0 | 6 | 0 | |
| 010 | PUSH-EMS® Chocolate Malt | ✓ 1 novelty (55g) | 24 | 90 | 25 | 2.5 | 1.5 | 0 | 10 | 45 | 15 | 0 | 11 | 2 | 2 | 0 | 8 | 0 | |
| 011 | Chocolate Fudge Sticks | ✓ 1 bar (79g) | 24 | 110 | 15 | 1.5 | 1 | 0 | 5 | 75 | 22 | 0 | 16 | 3 | 0 | 0 | 10 | 0 | |
| 013 | PUSH-EMS® Orange Sherbet | ✓ 1 novelty (64g) | 24 | 90 | 10 | 1 | 0.5 | 0 | 5 | 20 | 21 | 0 | 16 | 0 | 0 | 0 | 0 | 0 | |
| 014 | TWIN POPS™ Frozen Treats | 1 pop (92g) | 24 | 60 | 10 | 0 | 0 | 0 | 0 | 10 | 16 | 0 | 14 | 0 | 0 | 0 | 0 | 0 | |
| 015 | Root Beer Float Bars | ✓ 1 bar (64g) | 24 | 90 | 25 | 3 | 2 | 0 | 10 | 30 | 16 | 0 | 12 | 1 | 2 | 0 | 4 | 0 | |
| 016 | Vanilla Fudge Chocolate Sundae Cones | 1 sundae cone (85g) | 12 | 240 | 100 | 11 | 7 | 0 | 20 | 70 | 34 | 1 | 21 | 3 | 4 | 0 | 8 | 4 | |
| 017 | Pecan Praline Sundae Cones | 1 sundae cone (85g) | 12 | 250 | 110 | 12 | 7 | 0 | 25 | 125 | 34 | <1 | 22 | 3 | 4 | 0 | 8 | 0 | |
| 018 | Dark Chocolate Ice Cream Miniatures | 5 pieces (94g) | 4 | 310 | 190 | 21 | 14 | 0 | 25 | 40 | 32 | 2 | 25 | 4 | 4 | 0 | 10 | 4 | |
| 019 | Rocky Road Sundae Cones | 1 sundae cone (86g) | 12 | 250 | 110 | 12 | 8 | 0 | 20 | 75 | 34 | 2 | 23 | 4 | 4 | 0 | 8 | 4 | |
| 022 | Chocolate Sundae Crunch Bar | 1 bar (61 g) | 12 | 170 | 80 | 9 | 3 | 0 | 10 | 65 | 21 | 0 | 13 | 2 | 2 | 0 | 6 | 0 | |
| 023 | Strawberry Sundae Crunch Bar | 1 bar (61 g) | 12 | 170 | 80 | 9 | 3 | 0 | 10 | 60 | 21 | 0 | 13 | 2 | 2 | 0 | 4 | 0 | |
| 024 | ENTICINGS™ Strawberry Fruit Bars | ✓ 1 bar (52g) | 24 | 40 | 0 | 0 | 0 | 0 | 0 | 5 | 11 | 0 | 9 | 0 | 0 | 10 | 0 | 0 | |
| 025 | Caramel Apple Pops | 1 bar (58g) | 12 | 70 | 0 | 0 | 0 | 0 | 0 | 40 | 17 | 0 | 12 | 0 | 0 | 0 | 0 | 0 | |
| 026 | Chocolate Fudge Sundae Ice Cream Cups | 1 sundae cup (55g) | 24 | 110 | 45 | 5 | 3 | 0 | 20 | 45 | 16 | 0 | 11 | 2 | 4 | 0 | 6 | 0 | |
| 028 | GOLD 'N' NUGIT® Bars | 1 bar (67g) | 12 | 250 | 150 | 16 | 9 | 0 | 20 | 70 | 24 | <1 | 19 | 4 | 4 | 0 | 10 | 0 | |
| 029 | BOMB POP, JR.® Frozen Treats | 1 pop (52g) | 18 | 45 | 0 | 0 | 0 | 0 | 0 | 5 | 11 | 0 | 9 | 0 | 0 | 0 | 0 | 0 | |
| 030 | SCHWAN'S SIGNATURE® Caramel Ice Cream Bars | 1 bar (79g) | 10 | 270 | 150 | 16 | 11 | 0.5 | 25 | 75 | 28 | <1 | 23 | 4 | 4 | 0 | 15 | 0 | |
| 032 | SCHWAN'S® Pops | ✓ 1 pop (52g) | 24 | 15 | 0 | 0 | 0 | 0 | 0 | 5 | 4 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | |
| 033 | CONFETTI™ Ice Cream Cups | 1 sundae cup (55g) | 24 | 130 | 50 | 6 | 4 | 0 | 20 | 40 | 18 | 0 | 14 | 2 | 4 | 0 | 6 | 0 | |
| 034 | SCHWAN'S SIGNATURE® Ice Cream Mini Peppermint N' Dark Chocolate | 5 pieces (94g) | 4 | 310 | 190 | 21 | 14 | 0 | 25 | 45 | 33 | 2 | 25 | 4 | 4 | 0 | 0 | 4 | |



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CALORIES FROM FAT

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

TOTAL CARBOHYDRATES (g)

DIETARY FIBER (g)

SUGARS (g)

PROTEIN (g)

VITAMIN A (% Daily Value)

VITAMIN C (% Daily Value)

CALCIUM (% Daily Value)

IRON (% Daily Value)

FROZEN TREATS cont.

| | | | | | | | | | | | | | | | | | | |
|-----|--|-----------------------|---------|-----|-----|-----|-----|-----|-----|-----|----|----|----|----|----|----|----|---|
| 035 | SILVERMINT® Bars | 1 bar (45g) | 18 | 150 | 90 | 10 | 6 | 0 | 15 | 35 | 15 | 0 | 12 | 2 | 2 | 0 | 8 | 0 |
| 037 | SCHWAN'S SIGNATURE® Chocolate Ice Cream Bars | 1 bar (73g) | 10 | 250 | 160 | 18 | 11 | 0.5 | 35 | 45 | 22 | 1 | 18 | 3 | 6 | 0 | 10 | 4 |
| 039 | Chocolate Fudge Sticks | ✓ 1 bar (53g) | 24 | 50 | 0 | 0 | 0 | 0 | 0 | 45 | 14 | 5 | 4 | 3 | 0 | 0 | 10 | 0 |
| 040 | ENTICINGS™ Raspberry and Orange Creme Bars | ✓ 1 bar (64g) | 12 | 70 | 0 | 0 | 0 | 0 | 0 | 50 | 19 | 0 | 4 | 2 | 6 | 0 | 6 | 0 |
| 044 | Chocolate Chip Cookie Ice Cream Sandwiches | 1 sandwich (85g) | 6 | 280 | 120 | 13 | 6 | 2 | 35 | 180 | 36 | 0 | 22 | 4 | 4 | 0 | 10 | 4 |
| 049 | Chip & Mint Sundae Cones | 1 sundae cone (85g) | 12 | 240 | 100 | 11 | 7 | 0 | 20 | 70 | 33 | 1 | 21 | 3 | 4 | 0 | 8 | 4 |
| 050 | Peanut Butter Cup Ice Cream Miniatures | 3 pieces (90g) | about 5 | 350 | 220 | 24 | 15 | 0 | 30 | 140 | 30 | 2 | 26 | 5 | 6 | 0 | 10 | 4 |
| 051 | Pineapple Orange Smoothie | 1 smoothie cup (375g) | 4 | 350 | 0 | 0 | 0 | 0 | 125 | 86 | <1 | 81 | 2 | 0 | 10 | 4 | 2 | |
| 063 | SCHWAN'S SIGNATURE® Ice Cream Bars | 1 bar (79g) | 10 | 250 | 150 | 16 | 12 | 0 | 25 | 60 | 24 | <1 | 19 | 4 | 4 | 0 | 15 | 0 |
| 066 | ENTICINGS™ Ice Cream Sandwich Variety Pack (Vanilla) | ✓ 1 sandwich (70g) | 4 | 150 | 15 | 2 | 0.5 | 0 | <5 | 140 | 31 | 3 | 14 | 4 | 4 | 0 | 10 | 2 |
| 066 | ENTICINGS™ Ice Cream Sandwich Variety Pack (Chocolate) | ✓ 1 sandwich (70g) | 4 | 150 | 20 | 2 | 0.5 | 0 | <5 | 140 | 32 | 3 | 15 | 4 | 4 | 0 | 10 | 2 |
| 067 | ENTICINGS™ Strawberry Cheesecake Ice Cream Sandwich | ✓ 1 sandwich (70g) | 8 | 150 | 20 | 2 | 1 | 0 | <5 | 115 | 31 | 3 | 16 | 4 | 4 | 0 | 10 | 2 |
| 072 | Paleta Strawberry Cream Fruit Bars | 1 bar (48g) | 12 | 100 | 40 | 4.5 | 3 | 0 | 20 | 20 | 13 | 0 | 11 | 1 | 4 | 8 | 4 | 0 |
| 084 | Strawberry Banana Yogurt Smoothie | 1 smoothie cup (364g) | 4 | 390 | 45 | 5 | 3 | 0 | 25 | 240 | 79 | 1 | 63 | 10 | 4 | 4 | 35 | 0 |
| 086 | Peach Mango Yogurt Smoothie | 1 smoothie cup (364g) | 4 | 410 | 45 | 5 | 3 | 0 | 25 | 240 | 83 | <1 | 68 | 10 | 4 | 6 | 35 | 0 |
| 087 | Lemon Italian Ice | 1/2 cup (107g) | 12 | 130 | 0 | 0 | 0 | 0 | 0 | 25 | 32 | 0 | 22 | 0 | 0 | 20 | 0 | 0 |
| 088 | Cherry Italian Ice | 1/2 cup (107g) | 12 | 140 | 0 | 0 | 0 | 0 | 0 | 25 | 33 | 0 | 23 | 0 | 0 | 20 | 0 | 0 |
| 125 | SCHWAN'S SIGNATURE® Vanilla Ice Cream Miniatures | 5 pieces (94g) | 4 | 320 | 190 | 22 | 15 | 0 | 25 | 75 | 30 | 1 | 24 | 5 | 4 | 0 | 15 | 2 |

PIZZA

| | | | | | | | | | | | | | | | | | | |
|-----|---|------------------|----|-----|-----|----|----|-----|----|------|----|---|----|----|----|----|----|----|
| 572 | 5 Cheese Flatbread Pizza | 1/2 pizza (118g) | 4 | 330 | 150 | 17 | 9 | 0 | 30 | 730 | 29 | 2 | 5 | 16 | 10 | 0 | 35 | 10 |
| 605 | Gluten Free Cheese Pizza - REGIONAL | 1 pizza (187g) | 2 | 460 | 150 | 16 | 9 | 0 | 40 | 870 | 61 | 2 | 10 | 18 | 8 | 0 | 30 | 6 |
| 606 | SPECIAL RECIPE™ Sausage Pizza | 1/4 pizza (128g) | 4 | 340 | 150 | 16 | 8 | 0 | 35 | 660 | 34 | 2 | 8 | 15 | 8 | 0 | 20 | 15 |
| 607 | SPECIAL RECIPE™ Pepperoni Pizza | 1/3 pizza (151g) | 3 | 410 | 160 | 18 | 9 | 0.5 | 35 | 840 | 44 | 2 | 10 | 18 | 10 | 0 | 25 | 15 |
| 609 | 5" Deep Dish Sausage Pizza | 1 pizza (170g) | 6 | 430 | 180 | 20 | 10 | 0 | 30 | 830 | 47 | 3 | 11 | 17 | 8 | 0 | 20 | 15 |
| 610 | 5" Deep Dish Pepperoni Pizza | 1 pizza (170g) | 6 | 440 | 190 | 21 | 10 | 0.5 | 30 | 980 | 46 | 2 | 11 | 18 | 8 | 0 | 25 | 15 |
| 611 | 5" Deep Dish Supreme Pizza | 1 pizza (170g) | 6 | 430 | 180 | 20 | 10 | 0 | 30 | 830 | 46 | 3 | 11 | 17 | 8 | 4 | 20 | 15 |
| 612 | 5" Deep Dish Cheese Pizza | 1 pizza (170g) | 6 | 410 | 160 | 18 | 9 | 0.5 | 30 | 800 | 47 | 2 | 12 | 18 | 10 | 0 | 30 | 15 |
| 613 | Mexican Style Supreme Pizza | 1/5 pizza (139g) | 5 | 350 | 150 | 16 | 8 | 0 | 30 | 660 | 38 | 2 | 7 | 15 | 10 | 4 | 20 | 20 |
| 614 | SPECIAL RECIPE™ Canadian Bacon Pizza | 1/3 pizza (158g) | 3 | 380 | 130 | 14 | 8 | 0 | 35 | 850 | 44 | 2 | 10 | 19 | 10 | 0 | 30 | 15 |
| 615 | SPECIAL RECIPE™ Sausage and Pepperoni Pizza | 1/4 pizza (126g) | 4 | 340 | 150 | 17 | 8 | 0 | 35 | 700 | 34 | 2 | 7 | 15 | 8 | 0 | 20 | 15 |
| 616 | SPECIAL RECIPE™ Supreme Pizza | 1/4 pizza (130g) | 4 | 330 | 140 | 16 | 8 | 0 | 30 | 660 | 34 | 2 | 8 | 15 | 8 | 2 | 20 | 15 |
| 617 | SPECIAL RECIPE™ Four Cheese Pizza | 1/3 pizza (142g) | 3 | 370 | 130 | 14 | 8 | 0 | 30 | 670 | 44 | 2 | 10 | 17 | 10 | 0 | 30 | 15 |
| 645 | Pizza by the Slice Pepperoni | 1 Slice (145g) | 6 | 370 | 140 | 15 | 7 | 0 | 30 | 910 | 42 | 3 | 9 | 17 | 8 | 0 | 25 | 15 |
| 661 | Bruschetta Pizza | ✓ 1 pizza (179g) | 2 | 310 | 60 | 7 | 3 | 0 | 10 | 480 | 48 | 6 | 12 | 16 | 10 | 4 | 30 | 15 |
| 670 | Pizza by the Slice Four Cheese | 1 Slice (141g) | 6 | 350 | 120 | 14 | 7 | 0 | 30 | 800 | 42 | 3 | 9 | 16 | 8 | 0 | 30 | 15 |
| 671 | Starter Crust | 1/8 Crust | 16 | 140 | 25 | 3 | 1 | 0 | 0 | 300 | 25 | 1 | 2 | 5 | 0 | 0 | 0 | 10 |
| 677 | PIZZERIA STYLE™ Supreme Pizza | 1 slice (109g) | 8 | 270 | 100 | 11 | 5 | 0 | 20 | 680 | 29 | 2 | 5 | 12 | 8 | 6 | 15 | 10 |
| 684 | Chicken Alfredo Bianco Flatbread Thin Crust Pizza | 1/2 pizza (137g) | 4 | 330 | 150 | 17 | 9 | 0 | 30 | 690 | 30 | 2 | 3 | 17 | 15 | 15 | 30 | 10 |
| 689 | Roasted Garlic and Chicken Flatbread Pizza | 1/2 pizza (123g) | 4 | 350 | 150 | 16 | 8 | 0 | 35 | 730 | 33 | 1 | 4 | 17 | 4 | 2 | 25 | 10 |
| 700 | Hawaiian Style Pizza | ✓ 1 pizza (181g) | 2 | 310 | 60 | 7 | 3 | 0 | 15 | 590 | 49 | 6 | 14 | 17 | 10 | 4 | 25 | 15 |
| 843 | PIZZERIA STYLE™ Six Cheese Pizza | 1 slice (93g) | 8 | 240 | 80 | 9 | 4 | 0 | 15 | 570 | 29 | 2 | 4 | 11 | 6 | 2 | 15 | 10 |
| 844 | PIZZERIA STYLE™ Ultimate Pepperoni Pizza | 1 slice (101g) | 8 | 270 | 110 | 12 | 5 | 0 | 20 | 690 | 29 | 2 | 5 | 12 | 6 | 2 | 15 | 10 |
| 859 | PIZZERIA STYLE™ Mega Meat Pizza | 1 slice (105g) | 8 | 270 | 100 | 11 | 5 | 0 | 20 | 690 | 29 | 2 | 5 | 13 | 6 | 2 | 15 | 10 |
| 912 | SCHWAN'S® Fire Baked Spinach & Mushroom Pizza | 1/4 pizza (143g) | 4 | 310 | 100 | 11 | 4 | 0 | 15 | 710 | 41 | 3 | 12 | 12 | 15 | 4 | 20 | 15 |
| 913 | SCHWAN'S® Fire Baked Pepperoni Pizza | 1/4 pizza (154g) | 4 | 410 | 180 | 20 | 9 | 0.5 | 40 | 1120 | 39 | 3 | 10 | 19 | 8 | 0 | 30 | 15 |
| 922 | Mini Deep Dish Pepperoni Pizza | 4 pizzas (157g) | 6 | 430 | 170 | 19 | 9 | 0.5 | 30 | 990 | 48 | 2 | 11 | 16 | 8 | 0 | 20 | 15 |
| 923 | Mini Deep Dish Cheese Pizza | 4 pizzas (154g) | 6 | 380 | 120 | 14 | 7 | 0 | 25 | 860 | 49 | 2 | 12 | 17 | 8 | 0 | 30 | 15 |

PORK

| | | | | | | | | | | | | | | | | | | |
|-----|----------------------------|----------------------|----------|-----|-----|----|-----|----|----|-----|----|----|---|----|---|---|---|---|
| 391 | Breaded Pork Loin Cutlets | 1 piece (91g) | 10 | 200 | 90 | 10 | 2.5 | 0 | 30 | 610 | 14 | <1 | 1 | 13 | 0 | 0 | 2 | 8 |
| 392 | Bone-In Pork Loin Chops | 6 oz. (170g) | 6 | 180 | 45 | 5 | 1.5 | 0 | 95 | 730 | 0 | 0 | 0 | 31 | 0 | 0 | 2 | 6 |
| 393 | Boneless Pork Loin Chops | 1 chop (170g/6 oz.) | 6 | 200 | 60 | 7 | 2.5 | 0 | 90 | 740 | 0 | 0 | 0 | 31 | 0 | 2 | 4 | 6 |
| 411 | Fully Cooked Sausage Links | 3 links (60g) | about 11 | 270 | 240 | 26 | 9 | 0 | 50 | 460 | 1 | 0 | 0 | 7 | 0 | 0 | 0 | 2 |
| 417 | Pepper Bacon | 1 cooked slice (12g) | about 36 | 70 | 50 | 6 | 2 | NA | 10 | 220 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 2 |
| 428 | Natural Casing Wieners | 1 link (56g) | 10 | 160 | 130 | 14 | 5 | 0 | 35 | 590 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 4 |
| 438 | Skinless Franks | 1 link (45g) | 10 | 150 | 120 | 13 | 4.5 | 0 | 25 | 440 | 2 | 0 | 1 | 5 | 0 | 0 | 0 | 0 |

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NA = Information not available

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SERVINGS PER CONTAINER

CALORIES

CALORIES FROM FAT

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

TOTAL CARBOHYDRATES (g)

DIETARY FIBER (g)

SUGARS (g)

PROTEIN (g)

VITAMIN A (% Daily Value)

VITAMIN C (% Daily Value)

CALCIUM (% Daily Value)

IRON (% Daily Value)

PORK cont.

| | | | | | | | | | | | | | | | | | | | |
|-----|---------------------------------|---|------------------------------|-----------|-----|-----|----|-----|----|----|-----|----|---|----|----|---|---|---|---|
| 440 | Thick Sliced Bacon | | 1 skillet cooked slice (12g) | about 36 | 70 | 50 | 6 | 2 | NA | 10 | 220 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 2 |
| 441 | Country Sausage Patties | | 1 patty (57g) | 24 | 180 | 140 | 16 | 5 | 0 | 40 | 360 | 0 | 0 | 0 | 9 | 2 | 0 | 2 | 2 |
| 443 | Summer Sausage | | 1/18 sausage (53g/1.9 oz.) | about 18 | 150 | 110 | 12 | 4.5 | 0 | 35 | 580 | 2 | 0 | 1 | 9 | 0 | 0 | 0 | 4 |
| 445 | Dinner Sausage | | 2 oz. (56g) | 16 | 170 | 140 | 15 | 5 | 0 | 30 | 560 | 2 | 0 | 1 | 6 | 0 | 0 | 2 | 2 |
| 465 | Pork with BBQ Sauce | ✓ | 1/2 cup (124g) | about 3.5 | 170 | 35 | 4 | 1.5 | 0 | 65 | 380 | 12 | 0 | 12 | 21 | 2 | 0 | 0 | 6 |
| 492 | Sliced Ham | | 3 oz. (84g) | about 23 | 90 | 20 | 2 | 1 | 0 | 45 | 590 | 1 | 0 | 1 | 17 | 0 | 0 | 0 | 2 |
| 811 | Fully Cooked Bacon Slices | | 2 slices (18g) | about 16 | 80 | 50 | 6 | 3 | 0 | 20 | 350 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| 830 | Ultimate Fully Cooked Bratwurst | | 1 link (81g) | about 8 | 280 | 220 | 24 | 8 | 0 | 55 | 980 | 3 | 0 | 0 | 12 | 0 | 0 | 2 | 2 |

SNACKS

| | | | | | | | | | | | | | | | | | | | |
|-----|----------------------------------|---|-----------------------|----|-----|-----|----|-----|-----|----|------|----|---|---|----|----|---|----|----|
| 608 | POUCHES® Pepperoni | | 1 piece (128g) | 6 | 350 | 150 | 17 | 7 | 0.5 | 30 | 880 | 36 | 2 | 9 | 15 | 6 | 0 | 25 | 15 |
| 625 | Angus Mini Cheeseburgers | | 1 twin pack (116g) | 4 | 410 | 170 | 19 | 7 | 0.5 | 60 | 680 | 40 | 2 | 6 | 19 | 2 | 8 | 10 | 20 |
| 626 | Italian Melt Oven Baked Sandwich | | 1/6 sandwich (136g) | 6 | 340 | 130 | 14 | 6 | 0 | 30 | 780 | 33 | 2 | 2 | 14 | 10 | 6 | 15 | 15 |
| 629 | Cheeseburger | | 1 cheeseburger (128g) | 6 | 380 | 170 | 19 | 8 | 0 | 60 | 740 | 30 | 1 | 4 | 19 | 4 | 0 | 10 | 15 |
| 630 | Mini Meatball Sandwich | ✓ | 1 piece (79g) | 6 | 190 | 70 | 8 | 3 | 0 | 15 | 420 | 19 | 2 | 2 | 10 | 4 | 4 | 15 | 6 |
| 635 | Ranchero Sandwich | | 1 sandwich (163g) | 6 | 450 | 170 | 18 | 8 | 0 | 50 | 1400 | 49 | 2 | 5 | 20 | 6 | 2 | 30 | 20 |
| 637 | Corn Dogs | | 1 corn dog (66g) | 16 | 200 | 110 | 12 | 4 | 0 | 20 | 490 | 16 | 0 | 4 | 6 | 0 | 0 | 0 | 6 |
| 638 | Bagel Dogs with Cheese | | 1 piece (128g) | 8 | 370 | 140 | 16 | 6 | 0 | 40 | 830 | 39 | 2 | 3 | 16 | 0 | 0 | 6 | 10 |
| 653 | Classic Club Oven Baked Sandwich | | 1/6 sandwich (124g) | 6 | 290 | 90 | 10 | 4.5 | 0 | 30 | 580 | 37 | 1 | 2 | 14 | 4 | 0 | 10 | 10 |
| 945 | POUCHES® Ham & Cheese | | 1 piece (128g) | 6 | 310 | 100 | 11 | 4 | 0 | 25 | 670 | 37 | 1 | 9 | 15 | 2 | 0 | 15 | 15 |

SEAFOOD

| | | | | | | | | | | | | | | | | | | | |
|-----|---|---|--|----------|-----|-----|-----|-----|---|-----|-----|----|----|----|----|----|----|----|----|
| 503 | Fiesta Lime Shrimp & Vegetable Skewers | ✓ | 1 skewer (85g) | 6 | 90 | 25 | 3 | 0 | 0 | 45 | 480 | 9 | 1 | 4 | 4 | 6 | 30 | 2 | 2 |
| 504 | Sushi Variety Pack - REGIONAL | ✓ | 6 rolls (150g) | 2 | 190 | 60 | 7 | 1.5 | 0 | 30 | 530 | 26 | 2 | 3 | 8 | 4 | 4 | 2 | 4 |
| | Condiments | ✓ | 1 packet soy sauce, ginger, wasabi (15g) | 2 | 10 | 0 | 0 | 0 | 0 | 0 | 210 | 2 | 0 | 1 | 1 | 0 | 2 | 0 | 2 |
| 519 | Breaded Blue Hake | ✓ | 1 piece (3oz./85g) | about 10 | 150 | 60 | 7 | 0.5 | 0 | 15 | 300 | 13 | <1 | 3 | 9 | 0 | 0 | 2 | 2 |
| 520 | Blue Hake Fillets | ✓ | 4 oz. (113g/about 1 fillet) | 8 | 80 | 5 | 0.5 | 0 | 0 | 35 | 95 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 0 |
| 521 | Coconut Shrimp | | 3.5 oz. (98g/about 4 shrimp) | about 5 | 270 | 130 | 14 | 4 | 0 | 65 | 270 | 24 | 2 | 5 | 11 | 2 | 0 | 10 | 4 |
| | Pineapple Mango Chutney Sauce Packet | | 2 tbsp (30 ml) | about 5 | 50 | 0 | 0 | 0 | 0 | 0 | 95 | 13 | 0 | 10 | 10 | 15 | 0 | 0 | 0 |
| 522 | Breaded Parfried Catfish Fillets - REGIONAL | | 3 oz. (85g) | 8 | 170 | 80 | 9 | 2 | 0 | 40 | 450 | 8 | <1 | 1 | 12 | 0 | 0 | 0 | 6 |
| 525 | Lemon Butter Shrimp | ✓ | 7 shrimp (113g/4 oz.) | 5 | 110 | 30 | 3.5 | 2 | 0 | 85 | 390 | 6 | 0 | 1 | 12 | 2 | 4 | 6 | 8 |
| 530 | Premium Maryland Style Crab Cakes | | 1 cake (3 oz./85g) | 4 | 200 | 110 | 13 | 2.5 | 0 | 85 | 490 | 9 | 1 | 1 | 11 | 4 | 8 | 4 | 10 |
| 533 | Hand Breaded Fantail Shrimp | | 4 oz. (112g/about 4 shrimp) | about 5 | 210 | 15 | 1.5 | 0 | 0 | 90 | 530 | 34 | 1 | 1 | 14 | 2 | 2 | 4 | 10 |
| 534 | Tempura Shrimp | | 4 shrimp (91g) | 5 | 240 | 130 | 15 | 2.5 | 0 | 45 | 370 | 21 | 1 | 0 | 6 | 0 | 0 | 2 | 0 |
| | Orange Sauce | | 2 tsp sauce (34g) | 5 | 60 | 0 | 0 | 0 | 0 | 0 | 270 | 15 | 0 | 12 | 0 | 0 | 2 | 0 | 2 |
| 539 | Marinated Salmon with Grill Flavor | | 1 piece (170g/6 oz.) | 4 | 250 | 130 | 14 | 2 | 0 | 70 | 170 | 2 | 0 | 2 | 30 | 6 | 4 | 2 | 4 |
| 540 | Alaskan Cod Fillets | ✓ | 1 piece (113g/4 oz.) | about 6 | 90 | 10 | 1 | 0 | 0 | 50 | 65 | 0 | 0 | 0 | 20 | 0 | 2 | 2 | 2 |
| 545 | Crispy Breaded Cod Nuggets | | 6 nuggets (84g) | about 11 | 210 | 100 | 11 | 2 | 0 | 15 | 430 | 18 | 0 | 1 | 9 | 0 | 0 | 0 | 4 |
| 546 | Potato Encrusted Cod | ✓ | 1 piece (154g/5.5 oz.) | 4 | 230 | 70 | 8 | 1.5 | 0 | 55 | 410 | 14 | 1 | 0 | 24 | 4 | 6 | 4 | 6 |
| 547 | Breaded Haddock Sticks | | 3 fish sticks (84g) | about 7 | 180 | 90 | 10 | 1 | 0 | 20 | 460 | 16 | 1 | 1 | 8 | 0 | 0 | 2 | 6 |
| 548 | Breaded Haddock Squares | | 1 portion (112g) | 6 | 260 | 110 | 12 | 2 | 0 | 40 | 350 | 20 | 1 | 0 | 16 | 0 | 0 | 4 | 10 |
| 549 | Popcorn Shrimp | | 3 oz. (84g/about 10 shrimp) | 8 | 210 | 90 | 10 | 1.5 | 0 | 60 | 480 | 20 | <1 | 2 | 10 | 2 | 2 | 2 | 8 |
| 559 | Alaskan Salmon | ✓ | 1 piece (113g/4 oz.) | about 8 | 120 | 35 | 4 | 1 | 0 | 75 | 190 | 0 | 0 | 0 | 21 | 2 | 0 | 2 | 4 |
| 561 | Salmon Burger | ✓ | 1 burger (113g) | 6 | 110 | 30 | 3 | 0.5 | 0 | 60 | 230 | 1 | 0 | 1 | 20 | 0 | 0 | 0 | 10 |
| 567 | Garlic Herb Shrimp | | 4 oz. (113g/about 15 shrimp) | 4 | 120 | 15 | 2 | 0 | 0 | 140 | 620 | 3 | 0 | 0 | 19 | 10 | 15 | 6 | 15 |
| 574 | Jumbo Cooked Tail-Off Shrimp | ✓ | 3 oz. (85g/about 9 shrimp) | about 5 | 50 | 5 | 0.5 | 0 | 0 | 85 | 410 | 0 | 0 | 0 | 12 | 0 | 0 | 2 | 0 |
| 577 | Shrimp Scampi | | 4 oz. (113g/about 8 shrimp) | 5 | 280 | 210 | 24 | 12 | 0 | 125 | 430 | 3 | 0 | 1 | 12 | 20 | 2 | 4 | 8 |
| 578 | Tilapia Loins with Seven Herb and Spice Blend | ✓ | 1 piece (113.4g/4 oz.) | 4 | 90 | 10 | 1 | 0.5 | 0 | 40 | 35 | 0 | 0 | 0 | 22 | 2 | 0 | 2 | 0 |
| | Spice Packet | | 2.5g | 4 | 100 | 10 | 1 | 0.5 | 0 | 40 | 245 | 1 | 0 | 0 | 22 | 6 | >8 | 4 | 4 |

Healthy eating is making balanced food choices in sensible portions. Many people do not have access to a scale to measure the size portions they consume at home or while dining out. By using everyday objects to estimate portion sizes, you'll find it easier to eat only as much as you need.

Use Everyday Objects to Estimate Portion Sizes
One Serving Is...



A 3 oz. portion of meat is about the size of a deck of cards



A 1/2 cup serving of fruits or vegetables is about the size of a tennis ball



A 1/2 cup serving of cooked pasta or rice is equivalent to a filled cupcake liner



A 3 oz. portion of cheese is about the size of 3 dominoes

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LIVESMART™ PRODUCTS
SERVING SIZE

SERVINGS PER CONTAINER

CALORIES

CALORIES FROM FAT

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

TOTAL CARBOHYDRATES (g)

DIETARY FIBER (g)

SUGARS (g)

PROTEIN (g)

VITAMIN A (% Daily Value)

VITAMIN C (% Daily Value)

CALCIUM (% Daily Value)

IRON (% Daily Value)

| SEAFOOD cont. | | | | | | | | | | | | | | | | | | | |
|-----------------------------------|--|---|----------------------------|----------|-----|-----|-----|-----|-----|-----|-----|----|---|----|----|-----|----|----|----|
| 845 | Tortilla Encrusted Tilapia | | 1 piece (140g/5 oz.) | 4 | 250 | 100 | 12 | 2 | 0 | 40 | 410 | 16 | 1 | 4 | 20 | 2 | 6 | 2 | 0 |
| 871 | BATTERCRISP® Cod | | 2 pieces (112g) | 8 | 240 | 120 | 13 | 2 | 0 | 40 | 700 | 20 | 0 | 0 | 10 | 0 | 0 | 0 | 8 |
| SIDE DISHES & POTATOES | | | | | | | | | | | | | | | | | | | |
| 167 | Grilled Onions and Mushrooms | ✓ | 3/4 cup (75g) | about 6 | 50 | 15 | 2 | 0 | 0 | 0 | 180 | 6 | 2 | 2 | 2 | 0 | 6 | 2 | 2 |
| 400 | Lasagna Roll Ups | | 6 oz. 1 roll (170g) | 4 | 330 | 140 | 16 | 9 | 0.5 | 140 | 720 | 28 | 2 | 5 | 18 | 20 | 2 | 35 | 8 |
| 485 | Pasta Shells Stuffed with Cheese | | 2 pieces (113g) | about 8 | 230 | 90 | 10 | 5 | 0 | 40 | 440 | 25 | 1 | 3 | 10 | 4 | 0 | 20 | 8 |
| 702 | Au Gratin Potatoes | | 1/2 cup (191g) | 12 | 190 | 80 | 9 | 6 | 0 | 30 | 290 | 18 | 1 | 2 | 7 | 4 | 4 | 15 | 7 |
| 708 | Crispy Taters | | 3 oz. (85g) | about 13 | 190 | 100 | 11 | 1.5 | 0 | 350 | 19 | 2 | 0 | 2 | 0 | 8 | 0 | 2 | 2 |
| 710 | Sweet Potato Fries | | 3 oz. (85g) | 8 | 160 | 80 | 8 | 2 | 0 | 160 | 20 | 2 | 7 | 1 | 70 | 8 | 2 | 4 | 4 |
| 752 | Seasoned Potato Curls | | 3/4 cup (84g) | about 13 | 160 | 70 | 8 | 2 | 0 | 0 | 480 | 21 | 2 | <1 | 2 | 0 | 8 | 0 | 4 |
| 753 | Hash Brown Shreds | | 3 oz. (84g) | about 13 | 60 | 0 | 0 | 0 | 0 | 0 | 270 | 13 | 1 | 0 | 2 | 0 | 15 | 0 | 2 |
| 760 | QUIK TATERS® Potato Rounds | | 13 pieces (85g) | about 13 | 180 | 100 | 11 | 1.5 | 0 | 0 | 310 | 19 | 3 | 0 | 1 | 0 | 10 | 0 | 2 |
| 763 | Creamy Mashed Potatoes | | 8 pieces (112g/4 oz.) | 10 | 90 | 40 | 4.5 | 1 | 0 | 5 | 420 | 11 | 1 | 0 | 1 | 4 | 0 | 0 | 0 |
| 770 | Quick Bake French Fries | | 3 oz. (85g) | about 13 | 150 | 50 | 5 | 1 | 0 | 0 | 380 | 24 | 2 | 0 | 2 | 2 | 0 | 2 | 4 |
| 772 | Garlic Red Skinned Mashed Potatoes | | 8 pieces (112g/4 oz.) | 10 | 100 | 30 | 3.5 | 1 | 0 | 5 | 400 | 15 | 2 | 0 | 2 | 0 | 0 | 2 | 2 |
| 774 | Roasted Sweet Potatoes | ✓ | 3 oz. (84g/about 3/4 cup) | about 10 | 100 | 10 | 1 | 0 | 0 | 0 | 170 | 21 | 3 | 8 | 1 | 80 | 15 | 4 | 0 |
| 778 | Pierogies | | 3 pierogies (114g) | 8 | 170 | 25 | 2.5 | 1 | 0 | 5 | 510 | 33 | 1 | 1 | 5 | 0 | 10 | 4 | 8 |
| 785 | Onion Rings | | 3 oz. (84g/about 4 pieces) | about 11 | 220 | 100 | 11 | 1.5 | 0 | 0 | 390 | 27 | 1 | 5 | 4 | 0 | 4 | 4 | 4 |
| 810 | Tri-Color Tortellini Salad Kit | ✓ | 1 cup (about 114g) | about 6 | 240 | 90 | 10 | 3 | 0 | 15 | 550 | 27 | 1 | 1 | 8 | 25 | 0 | 15 | 10 |
| 827 | Fried Rice | | 1 cup (107g) | about 4 | 150 | 30 | 3.5 | 0.5 | 0 | 35 | 530 | 26 | 0 | 1 | 4 | 8 | 2 | 0 | 2 |
| 846 | Six Cheese Tortellini | ✓ | 1 cup (100g) | about 9 | 190 | 35 | 4 | 2 | 0 | 15 | 320 | 30 | 2 | 1 | 9 | 2 | 0 | 15 | 10 |
| 851 | Roasted Baby Bakers | ✓ | 3 oz. (85g) | about 11 | 90 | 15 | 1.5 | 0 | 0 | 0 | 180 | 15 | 0 | 0 | 3 | 0 | 0 | 2 | 4 |
| 868 | Four Cheese Ravioli | ✓ | 6 pieces (120g) | 5.5 | 230 | 50 | 6 | 3 | 0 | 30 | 200 | 32 | 2 | 3 | 11 | 6 | 0 | 20 | 10 |
| 869 | Wild Rice Pilaf | ✓ | 1 cup (107g) | about 4 | 150 | 40 | 4.5 | 1 | 0 | 0 | 330 | 25 | 1 | 1 | 3 | 0 | 4 | 0 | 4 |
| 877 | MicroSteam Penne Pasta | ✓ | 1/2 pouch (120g) | 4 | 210 | 30 | 3.5 | 0 | 0 | 0 | 39 | 3 | 3 | 6 | 0 | 0 | 0 | 0 | 8 |
| 960 | CHEESY QUIK TATERS™ Potato Rounds | | 3 oz. (84g/about 5 pieces) | about 11 | 200 | 100 | 12 | 5 | 0 | 15 | 570 | 18 | 2 | 1 | 6 | 4 | 0 | 10 | 2 |
| 961 | Krunchie Potato Wedges | | 3 oz. (84g/about 9 pieces) | about 11 | 140 | 35 | 4 | 2.5 | 0 | 0 | 330 | 23 | 2 | <1 | 2 | 0 | 10 | 0 | 2 |
| VEGETABLES Grade A | | | | | | | | | | | | | | | | | | | |
| 761 | Roasted Peppers and Onions | ✓ | 3/4 cup (78g) | about 6 | 60 | 5 | 0.5 | 0 | 0 | 0 | 150 | 14 | 3 | 2 | 2 | 10 | 70 | 6 | 4 |
| 764 | California Blend | ✓ | 1 cup (85g) | about 11 | 25 | 0 | 0 | 0 | 0 | 0 | 25 | 4 | 2 | 2 | 2 | 30 | 35 | 0 | 0 |
| 766 | Green Peas | ✓ | 2/3 cup (85g) | about 13 | 70 | 0 | 0 | 0 | 0 | 0 | 105 | 12 | 4 | 5 | 5 | 10 | 10 | 0 | 4 |
| 767 | Mini Bow Tie Pasta and Vegetable Blend | ✓ | 1 cup (112g) | about 8 | 100 | 5 | 0.5 | 0 | 0 | 0 | 35 | 22 | 2 | 4 | 4 | 70 | 20 | 2 | 6 |
| 769 | Mixed Vegetables | ✓ | 3/4 cup (85g) | about 11 | 50 | 5 | 0 | 0 | 0 | 0 | 40 | 11 | 3 | 3 | 2 | 70 | 15 | 2 | 4 |
| 771 | Micro Steam Baby Carrots | ✓ | 3/4 cup (85g) | about 12 | 35 | 0 | 0 | 0 | 0 | 0 | 70 | 8 | 3 | 5 | 1 | 280 | 4 | 4 | 2 |
| 773 | Super Sweet Cut Corn | ✓ | 2/3 cup (85g) | about 13 | 90 | 10 | 1 | 0 | 0 | 0 | 19 | 2 | 6 | 2 | 0 | 4 | 0 | 2 | 2 |
| 776 | Broccoli Florets | ✓ | 1 cup (85g) | 8 | 30 | 0 | 0 | 0 | 0 | 0 | 20 | 4 | 2 | 2 | 1 | 0 | 50 | 2 | 0 |
| 781 | Asparagus Spears | ✓ | 6 spears (85g) | about 7 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1 | 1 | 2 | 8 | 15 | 0 | 2 |
| 783 | Green Beans | ✓ | 2/3 cup (81g) | about 11 | 25 | 0 | 0 | 0 | 0 | 0 | 6 | 2 | 1 | 1 | 8 | 15 | 4 | 4 | 4 |
| 790 | Micro Steam Whole Green Beans | ✓ | 3/4 cup (83g) | about 12 | 30 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 2 | 1 | 2 | 6 | 4 | 2 | 2 |
| 791 | Micro Steam Super Sweet Corn | ✓ | 2/3 cup (90g) | about 12 | 100 | 10 | 1 | 0 | 0 | 0 | 21 | 1 | 7 | 3 | 0 | 6 | 0 | 0 | 0 |
| 797 | Fire Roasted Vegetable Blend | ✓ | 3/4 cup (85g) | about 11 | 70 | 15 | 1.5 | 0 | 0 | 0 | 105 | 13 | 2 | 1 | 2 | 4 | 20 | 2 | 4 |
| 800 | Lemon Garlic Seasoned Vegetable Blend | ✓ | 1/2 cup prepared (85g) | 10 | 45 | 15 | 2 | 0 | 0 | 0 | 150 | 6 | 2 | 3 | 1 | 25 | 45 | 2 | 2 |
| 847 | Broccoli & Cheese | | 1 cup (110g) | about 6 | 70 | 30 | 3.5 | 2 | 0 | 10 | 450 | 6 | 2 | 2 | 5 | 10 | 60 | 10 | 2 |
| 848 | Mediterranean Vegetable Blend | ✓ | 1 cup (96g) | about 9 | 50 | 20 | 2 | 0 | 0 | 0 | 135 | 7 | 2 | 3 | 1 | 20 | 15 | 2 | 4 |
| 870 | Micro Steam Baby Broccoli Florets | ✓ | 3/4 cup (75g) | about 14 | 30 | 0 | 0 | 0 | 0 | 0 | 15 | 5 | 3 | 1 | 3 | 20 | 60 | 4 | 4 |

LIVESMART™ Products = ✓
< = Less Than
NA = Information not available

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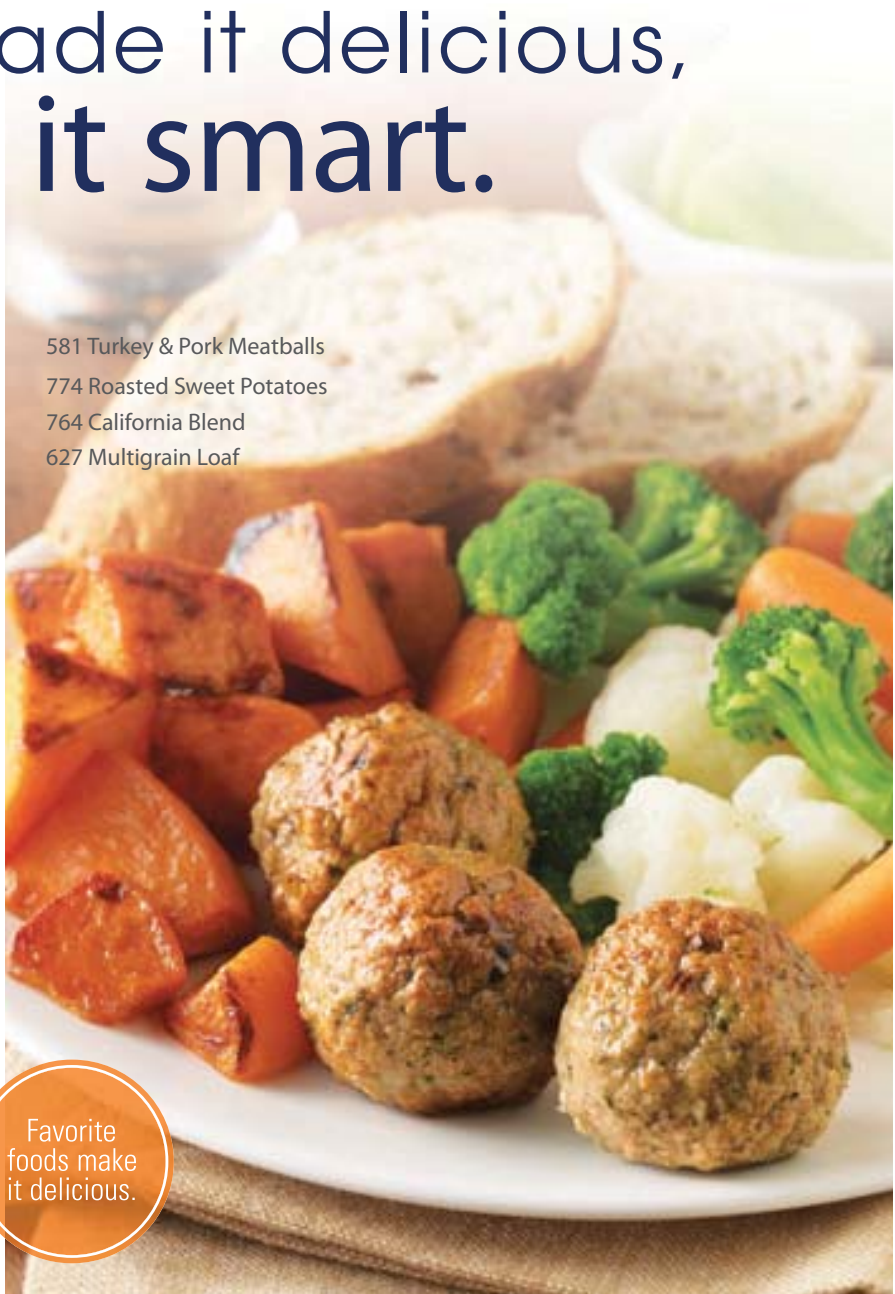


Before we made it delicious, we made it smart.

When it comes to food, you want to make the best choices for yourself and your family. Healthier options for meals would be nice, especially meals with inspired taste. You'd like to balance nutrition with convenience. You'd even like to eat together as a family.

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581 Turkey & Pork Meatballs
774 Roasted Sweet Potatoes
764 California Blend
627 Multigrain Loaf

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- Balanced sodium
- Zero grams trans fat
- Fruits and vegetables flash-frozen within 4 hours of harvesting
- Trim-cut meats
- Delicious taste

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Yes, it really is this easy.

LIVESMART™ foods are the kind you'd make for yourself – if you had time to research ingredients, shop multiple stores, read labels, compare prices and chop, cut, dice and prepare meals from scratch. Luckily, the **LIVESMART™** brand team of chefs, nutritionists and health experts has done it for you. All you have to do is sit back and enjoy it. Enjoy the foods, the flavors and the variety, because you've chosen a smarter way to live.

418 Pot Pie Stuffed Chicken Breast



Homestyle cooking without all the work.

066 **ENTICINGS™** Chocolate and Vanilla Low-Fat Ice Cream Sandwiches



Treat yourself with a good source of fiber.

742 Sweet and Sour Chicken Dinner



Flavors from around the world.



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Choose from over 100 delicious foods.

| | | CAL | FAT | SOD | CARBS | DIET EXCHANGES | CARB CHOICES |
|--------------------------------|---|-----|-----|-----|-------|---------------------------------------|--------------|
| APPETIZERS & SNACKS | | | | | | | |
| 632 | Baked Mozzarella Bites | 150 | 6 | 360 | 16 | 1 lean meat, 1 starch | 1 |
| 648 | Gourmet Twist Pretzels - Pretzel with Cinn. & Sugar | 210 | 2 | 190 | 43 | 2½ starch | 2½ |
| BEEF & PORK | | | | | | | |
| 402 | Mini Beef Pot Roast | 210 | 5 | 450 | 3 | 5 lean meat | 0 |
| 465 | Pork with BBQ Sauce | 170 | 4 | 380 | 12 | 3 lean meat, 1 carb | 1 |
| BEVERAGES | | | | | | | |
| 720 | Orange Juice Fortified with Calcium | 110 | 0 | 15 | 26 | 2 fruit | 2 |
| BREAD | | | | | | | |
| 627 | Multigrain Loaf | 120 | 2.5 | 320 | 20 | 1 starch, ½ fat | 1 |
| 886 | Italian Herb Bread | 120 | 3 | 250 | 20 | 1 starch, ½ fat | 1 |
| 929 | Apple Cinnamon Whole Grain Muffin Pucks | 130 | 5 | 80 | 20 | 1 starch, 1 fat | 1 |
| BREAKFAST | | | | | | | |
| 564 | Mini Pancakes | 230 | 2.5 | 460 | 46 | 3 starch | 3 |
| 819 | English Muffin | 230 | 6 | 680 | 28 | 2 starch, 2 lean meat | 2 |
| 834 | Garden Vegetable Omelet with Cheese | 130 | 7 | 340 | 6 | 1 med fat meat, 1 veg | ½ |
| CHICKEN & TURKEY | | | | | | | |
| 404 | Oven Baked Breaded Chicken Breast | 150 | 6 | 390 | 7 | 2 ½ lean meat, 1 starch | ½ |
| 407 | Boneless Skinless Chicken Breasts | 100 | 1 | 350 | 0 | 3 lean meat | 0 |
| 418 | Pot Pie Stuffed Chicken Breast | 230 | 9 | 510 | 19 | 2 lean meat, 1 starch, 1 fat | 1 |
| 433 | Philly Style Chicken | 100 | 3.5 | 380 | 1 | 2 lean meat | 0 |
| 460 | Fully Cooked Turkey Sausage Patties | 140 | 7 | 340 | 0 | 3 lean meat | 0 |
| 494 | Oven Roasted Chicken Bites | 90 | 1 | 450 | <1 | 2 lean meat | 0 |
| 496 | Chicken Breast Meat for Fajitas | 150 | 5 | 420 | 3 | 3 lean meat | 0 |
| 502 | Unbreaded Chicken Breast Filets | 110 | 1.5 | 330 | 0 | 3 lean meat | 0 |
| 514 | Diced Chicken Breast Meat | 100 | 2 | 520 | 0 | 2 lean meat | 0 |
| 581 | Turkey & Pork Meatballs | 120 | 6 | 430 | 4 | 2 lean meat, 1 fat | 0 |
| DESSERTS | | | | | | | |
| 652 | Oatmeal Raisin Frozen Cookie Dough | 110 | 3 | 100 | 18 | 1 carb, ½ fat | 1 |
| 660 | Apple Blueberry Cobbler | 150 | 1 | 20 | 35 | 2 carb | 2 |
| DINNERS & ENTREES | | | | | | | |
| 543 | Creamy Shrimp Scampi with Linguini | 400 | 11 | 920 | 46 | 3 lean meat, 3 starch, 1 fat | 3 |
| 602 | Chicken Enchilada | 180 | 8 | 640 | 17 | 1 lean meat, 1 starch, 1 fat | 1 |
| 711 | Beef Stir Fry with Asian Noodles Meal Kit | 210 | 4 | 500 | 30 | 2 lean meat, 1 starch, 1 veg | 2 |
| 714 | Chicken Enchilada Dinner | 180 | 8 | 640 | 17 | 2 lean meat, 3 starch, 1 veg | 3½ |
| 718 | Beef Tips Dinner | 310 | 7 | 790 | 27 | 4 lean meat, 1 starch, 2 veg | 2 |
| 731 | Blackened Chicken Alfredo with Vegetables Dinner | 300 | 6 | 780 | 34 | 2 lean meat, 2 starch, 1 veg | 2 |
| 734 | Roasted Turkey & Vegetables Dinner | 230 | 7 | 780 | 14 | 3 lean meat, ½ starch, 2 veg | 1 |
| 741 | Spaghetti and Meat Sauce Dinner | 360 | 9 | 720 | 53 | 1 lean meat, 3 starch, 1 veg, 1 fat | 3½ |
| 742 | Sweet and Sour Chicken Dinner | 370 | 2.5 | 790 | 66 | 2 lean meat, 2 starch, 2 fruit, 1 veg | 4½ |
| 757 | Creamy Garlic Chicken Meal Kit | 280 | 10 | 600 | 34 | 2 lean meat, 2 starch, 1 veg | 2 |
| 793 | Rotini Alfredo with Broccoli Florets | 320 | 7 | 720 | 49 | 3 starch, 1 veg, 1 fat | 3 |
| 826 | Beef Portabella Dinner | 320 | 9 | 550 | 35 | 3 lean meat, 2 starch, 1 veg | 2 |
| 841 | Chili with Beans | 280 | 8 | 750 | 25 | 3 lean meat, 1 starch, 1 veg | 1½ |
| 842 | Tuscan Vegetable Soup | 140 | 4 | 790 | 19 | 2 veg, ½ starch, 1 lean meat | 1 |
| 952 | Sweet and Sour Chicken with Rice | 250 | 1 | 550 | 49 | 1 lean meat, 1 starch, 2 fruit | 3 |
| FRUIT | | | | | | | |
| 745 | Whole Strawberries | 50 | 0 | 0 | 13 | 1 fruit | 1 |
| 803 | Golden Fruit Blend | 60 | 0 | 0 | 17 | 1 fruit | 1 |
| 804 | Whole Blueberries | 80 | 0 | 10 | 18 | 1 fruit | 1 |
| 805 | Fruit Cups | 80 | 0 | 0 | 18 | 1 fruit | 1 |

Sensible nutrition but generous in flavor.



632 Baked Mozzarella Bites

Jumbo, plump and juicy shrimp.



574 Jumbo Cooked Tail-Off Shrimp

| | | CAL | FAT | SOD | CARBS | DIET EXCH | CARB CHOICES |
|--------------------------------------|---|-----|-----|-----|-------|------------------------------|--------------|
| 926 | Triple Berry Blend | 70 | 0 | 15 | 17 | 1 fruit | 1 |
| ICE CREAM & FROZEN TREATS | | | | | | | |
| 237 | Rainbow Sherbet | 120 | 1 | 25 | 28 | 2 carb | 2 |
| 238 | Passion Punch Sherbet | 130 | 1 | 30 | 28 | 2 carb | 2 |
| 379 | Strawberry Supreme Frozen Yogurt | 120 | 3 | 60 | 22 | 1½ carb, ½ fat | 1½ |
| 382 | Peach Frozen Yogurt | 110 | 2 | 65 | 22 | 1½ carb, ½ fat | 1½ |
| 383 | Vanilla Frozen Yogurt | 110 | 3 | 65 | 19 | 1 carb, ½ fat | 1 |
| 384 | Chocolate Frozen Yogurt | 110 | 3 | 60 | 19 | 1 carb, ½ fat | 1 |
| 385 | Wild Berry Frozen Yogurt | 120 | 2.5 | 70 | 23 | 1½ carb, ½ fat | 1½ |
| 387 | Black Cherry Frozen Yogurt | 120 | 2.5 | 70 | 22 | 1½ carb, ½ fat | 1½ |
| 388 | Chocolate Fudge Brownie Frozen Yogurt | 130 | 3 | 65 | 23 | 1½ carb, ½ fat | 1½ |
| 389 | Triple Lemon Frozen Yogurt | 130 | 3 | 75 | 25 | 1½ carb, ½ fat | 1½ |
| 218 | Vanilla No Sugar No Fat Added | 70 | 0 | 70 | 19 | 1 carb | 1 |
| 010 | PUSH-EMS® Chocolate Malt | 90 | 2.5 | 45 | 15 | 1 carb | 1 |
| 011 | Chocolate Fudge Sticks | 110 | 1.5 | 75 | 22 | 1½ carb | 1½ |
| 013 | PUSH-EMS® Orange Sherbet | 90 | 1 | 20 | 21 | 1½ carb | 1½ |
| 015 | Root Beer Float Bars | 90 | 3 | 30 | 16 | 1 carb | 1 |
| 024 | ENTICINGS™ Strawberry Fruit Bars | 40 | 0 | 5 | 11 | 1 carb | 1 |
| 032 | SCHWAN'S® Pops | 15 | 0 | 5 | 4 | free food | 0 |
| 039 | Chocolate Fudge Sticks | 50 | 0 | 45 | 14 | ½ carb | ½ |
| 040 | ENTICINGS™ Raspberry and Orange Creme Bars | 70 | 0 | 50 | 19 | 1 carb | 1 |
| 066 | ENTICINGS™ Ice Cream Sandwich Variety Pack | | | | | | |
| | Chocolate | 150 | 2 | 140 | 32 | 2 carb | 2 |
| | Vanilla | 150 | 2 | 140 | 31 | 2 carb | 2 |
| 067 | ENTICINGS™ Strawberry Cheesecake Ice Cream Sandwich | 150 | 2 | 115 | 31 | 2 carb | 2 |
| PIZZA | | | | | | | |
| 661 | Bruschetta Pizza | 310 | 7 | 480 | 48 | 3 starch, 2 lean meat | 3 |
| 700 | Hawaiian Style Pizza | 310 | 7 | 590 | 49 | 3 starch, 2 lean meat | 3 |
| SANDWICHES | | | | | | | |
| 630 | Mini Meatball Sandwich | 190 | 8 | 420 | 19 | 1 lean meat, 1 starch, 1 fat | 1 |
| SEAFOOD | | | | | | | |
| 503 | Fiesta Lime Shrimp & Vegetable Skewers | 90 | 3 | 480 | 9 | 1 lean meat, 2 veg | ½ |
| 504 | Sushi Variety Pack - REGIONAL | 190 | 7 | 530 | 26 | 2 starch, 1 lean meat | 2 |
| 519 | Breaded Blue Hake | 150 | 7 | 300 | 13 | 1 lean meat, 1 starch, 1 fat | 1 |
| 520 | Blue Hake Fillets | 80 | 0.5 | 95 | 0 | 2 lean meat | 0 |
| 525 | Lemon Butter Shrimp | 110 | 3.5 | 390 | 6 | 2 lean meat, 1 carb | ½ |
| 540 | Alaskan Cod Fillets | 90 | 1 | 65 | 0 | 3 lean meat | 0 |
| 546 | Potato Encrusted Cod | 230 | 8 | 410 | 14 | 3 lean meat, 1 starch | 1 |
| 559 | Alaskan Salmon | 120 | 4 | 190 | 0 | 3 lean meat | 0 |
| 561 | Salmon Burger | 110 | 3 | 230 | 1 | 3 lean meat | 0 |
| 574 | Jumbo Cooked Tail-Off Shrimp | 50 | 0.5 | 410 | 0 | 2 lean meat | 0 |
| 578 | Tilapia Loins | 90 | 1 | 35 | 0 | 3 lean meat | 0 |
| 578 | Tilapia Loins with Seven Herb and Spice Blend | 100 | 1 | 245 | 1 | 3 lean meat | 0 |
| SIDE DISHES & POTATOES | | | | | | | |
| 167 | Grilled Onions and Mushrooms | 50 | 2 | 180 | 6 | 1 veg | ½ |
| 774 | Roasted Sweet Potatoes | 100 | 1 | 170 | 21 | 1½ starch | 1½ |
| 810 | Tri-Color Tortellini Salad Kit | 240 | 10 | 550 | 27 | 2 starch, 1 medium fat meat | 2 |
| 846 | Six Cheese Tortellini | 190 | 4 | 320 | 30 | 1 lean meat, 2 starch | 2 |
| 851 | Roasted Baby Bakers | 90 | 1.5 | 180 | 15 | 1 starch | 1 |
| 868 | Four Cheese Ravioli | 230 | 6 | 200 | 32 | 2 starch, 1 med fat meat | 2 |
| 869 | Wild Rice Pilaf | 150 | 4.5 | 330 | 25 | 1½ starch, 1 fat | 1½ |
| 877 | MicroSteam Penne Pasta | 210 | 3.5 | 0 | 39 | 2 starch, ½ fat | 2½ |
| VEGETABLES | | | | | | | |
| 761 | Roasted Peppers and Onions | 60 | 0.5 | 150 | 14 | 3 veg | 1 |
| 764 | California Blend | 25 | 0 | 25 | 4 | 1 veg | 0 |
| 766 | Green Peas | 70 | 0 | 105 | 12 | 1 starch | 1 |
| 767 | Mini Bow Tie Pasta and Vegetable Blend | 100 | 0.5 | 35 | 22 | 1 starch, 1 veg | 1½ |
| 769 | Mixed Vegetables | 50 | 0 | 40 | 11 | 2 veg | 1 |
| 771 | Micro Steam Baby Carrots | 35 | 0 | 70 | 81 | 1 veg | ½ |
| 773 | Super Sweet Cut Corn | 90 | 1 | 0 | 19 | 1½ starch | 1½ |
| 776 | Broccoli Florets | 30 | 0 | 20 | 4 | 1 veg | 0 |
| 781 | Asparagus Spears | 25 | 0 | 0 | 3 | 1 veg | 0 |
| 783 | Green Beans | 30 | 0 | 0 | 6 | 1 veg | ½ |
| 790 | Micro Steam Whole Green Beans | 30 | 0 | 0 | 5 | 1 veg | 0 |
| 791 | Micro Steam Super Sweet Corn | 100 | 1 | 0 | 21 | 1½ starch | 1½ |
| 797 | Fire Roasted Vegetable Blend | 70 | 1.5 | 105 | 13 | 2 veg | 1 |
| 800 | Lemon Garlic Seasoned Vegetable Blend | 45 | 2 | 150 | 6 | 1 veg | ½ |
| 848 | Mediterranean Vegetable Blend | 50 | 2 | 135 | 7 | 1 veg | ½ |
| 870 | Micro Steam Baby Broccoli Florets | 30 | 0 | 15 | 5 | 1 veg | 0 |

Controlled in calories with 0g trans fat.



010 PUSH-EMS® Chocolate Malt
013 PUSH-EMS® Orange Sherbet

High in Vitamins A & C.



800 Lemon Garlic Seasoned Vegetable Blend

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Classic Chicken & Herb Dumplings

Prep Time: 10 minutes Total Time: 40 minutes
Serves: 4

- 3 **LIVESMART™ Unbreaded Chicken Breast Filets (502)**, thawed and cut into 1" pieces
- ½ cup diced celery
½ cup diced onion
2 tsp olive oil
3 Tbsp flour
2 cups fat free, reduced sodium chicken broth
1 cup 2% milk
2 cups **LIVESMART™ Mixed Vegetables (769)**, frozen

Herb Dumplings:

- ¾ cup Bisquick Heart Smart® Baking Mix*
1 egg
¼ cup lowfat milk
1 tsp thyme

Sauté chicken, celery and onion in olive oil using non-stick pan for 4-6 minutes.

Mix flour into chicken broth and milk. Pour and stir into sautéed chicken vegetable mixture.

Add mixed vegetables and continue cooking on a slow simmer for 6-8 minutes.

Stir together dumpling ingredients and drop by spoonfuls into simmering stew.

Cook uncovered 8 minutes and 8 minutes covered.

*Nutritionals are calculated using *Bisquick Heart Smart® Baking Mix.

Nutrition Facts: cal 310 fat 8g sodium 610mg carbs 34g fiber 3g protein 26g

*Bisquick Heart Smart® is a registered trademark of General Mills Inc.



Green Peas & Penne Pasta with Light Cheese Sauce

Prep Time: 10 minutes Total Time: 20 minutes
Serves: 4

- 1 cup chopped red and yellow peppers
¼ cup diced onions
2 tsp olive oil
1 (8.5 oz) **LIVESMART™ MicroSteam-Penne Pasta (877)**, prepared
1 cup **LIVESMART™ Green Peas (766)**, prepared
1 cup low sodium chicken broth
1 Tbsp corn starch
3 oz low fat shredded cheddar cheese

Saute onions and peppers in olive oil using a non-stick pan over medium heat for 4-6 minutes.

Stir in prepared pasta and peas.

Mix chicken broth and corn starch in a microwave-safe glass dish.

Microwave on HIGH for 1 minute. Stir and microwave an additional minute or until sauce bubbles and looks clear.

Stir in cheese and pour over pasta and peas.

Nutrition Facts: cal 200 fat 4.5g sodium 200mg carbs 27g fiber 3g protein 12g



LiveSmart™ Multigrain Granola French Toast with Yogurt Sauce

Prep Time: 10 minutes Total Time: 35 minutes
Serves: 6

- 1 cup egg substitute
½ cup low-fat milk
1 Tbsp sugar
½ tsp vanilla
¼ tsp cinnamon
1 loaf **LIVESMART™ Multigrain Loaf (627)**, cut into ½" slices
1 cup granola with almonds and raisins, crushed
1 ½ cups **LIVESMART™ Whole Blueberries (804)**, thawed

Yogurt Sauce:

- 1-6 oz. container of low-fat plain yogurt
1 Tbsp honey
¼ tsp vanilla and cinnamon

Preheat oven to 350° F.

Beat together egg substitute, milk, sugar, vanilla and cinnamon.

Place slices of bread into a lightly sprayed 9x9-inch glass baking dish and pour half of egg mixture over bread.

Turn each slice and top with remaining egg mixture.

Sprinkle with granola and bake for 20-25 minutes.

Top French toast with yogurt sauce and thawed blueberries.

Nutrition Facts: cal 200 fat 4g sodium 220mg carbs 32g fiber 4g protein 10g



Strawberries with Toasted Angel Food Cake

Prep Time: 10 minutes Total Time: 20 minutes
Serves: 4

- 1 ½ cups **LIVESMART™ Whole Strawberries (745)**, frozen
2 packets no-calorie sweetener
4 slices angel food cake
4 Tbsp whipped topping
4 Tbsp sliced almonds

Place strawberries and no-calorie sweetener in a small microwave-safe bowl.

Microwave on HIGH for 1 minute and stir to mix.

Toast both sides of sliced angel food cake over medium heat until light golden brown.

Top toasted angel food cake with warm berries, whipped topping and almonds.

Nutrition Facts: cal 150 fat 2g sodium 220mg carbs 30g fiber 3g protein 3g



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