



10% RULE

(per serving)

10% or MORE fiber
(Diabetes)

10% or LESS fat
(High Cholesterol)

10% or LESS sodium
(High Blood Pressure)

ONE serving of carbohydrates =
15 grams of carbohydrates

AVOID high fructose corn syrup,
partially or fully hydrogenated fats/oils,
& artificial ingredients!

TIP: When choosing a TV dinner, use 25% for the preferred amount of fat and sodium. Any amount of fiber is great, the more the better. Look for whole grains in the dinner.