

## Nutrition Information

You've Got Supper is proud to offer nutrition information on selected recipes. We have taken much time and effort to calculate this information to the best of our ability and it is our hope that you will find this information useful in planning and preparing well balanced meals for your family. Please read the following explanation of our nutrition calculation data.

### **Nutrient information and serving size measurement:**

Nutrition information is obtained using the USDA National Nutrient Database for Standard Reference, Release 20, September 2008. Nutrition calculations are derived by matching recipe ingredients to the USDA data base. In the rare case that we could not find a good match, we used [www.caloriecount.about.com](http://www.caloriecount.about.com) to find a comparable ingredient food label. Although we have done our best to provide accurate information, there are many variables inherent to nutrient calculations. Therefore, reported nutrition values should be considered approximate rather than absolute. In addition, any changes in amount or type of ingredients from the stated recipe can significantly change the calculations.

The nutrition calculations provided are “per serving” and derived by dividing the total amount of recipe ingredients by the number of servings in the recipe. The number of servings is based on our experience and/or follows the Mayo Clinic’s serving size guidelines. A deviation in portion size will affect the “per serving” nutrition calculations provided.

### **Please note:**

- Only those ingredients listed on the ingredient list are included in nutrition calculations. Therefore, any ingredients found within the verbiage of the recipe are considered “optional” and, if used, can significantly change the “per serving” nutrition calculations.
- When used in a recipe, an **estimation** of the amount of a marinade or frying oil absorbed by the food during preparation or cooking is used to calculate nutrition information.
- When a recipe calls for a vegetable oil we use either canola or olive oil in the nutrition calculation.

### **Heart Healthy Recipes:**

In order for a main entrée to earn our 'heart healthy' designation a serving must fall within Mayo Clinic guidelines which are as follows: less than 400 calories, less than 15 grams of fat, less than 400 mg of sodium and less than 100 mg of cholesterol.

**We hope you find this nutrition information helpful. If you have special dietary needs, please consult a registered dietitian. Thank you!**

**Susan and Michelle**