



It All Adds Up: Balanced Eating +  
Plenty of Exercise + Rest = Health-e Living!

# • ALL • FOODS • FIT •

Balance is the name of the game. A balanced lifestyle includes eating, exercising, playing, relaxing and sleep. It is important to eat a well balanced diet from all of the five food groups: grains, fruits, vegetables, dairy and meats. The best news is that all foods fit into a healthy diet. What matters most is the quantity they are eaten in. No matter how you look at it, the basic equation for a healthy diet is calories in=calories out. If you eat more than your body can use up, you will gain weight. You have two choices...eat less or exercise more. It's all about balance and moderation in all things. And, it's not just about the foods we eat...it is equally important to get enough exercise and rest. Our bodies are finely tuned machines and need just enough of all the right things.

If you want to see how your school's food fits into a healthy diet, visit us online and check out nutrition tips on our Health-e Living™ site. Be sure to try our interactive nutrition tool, the Health-e Meal Planner™, which will help you make great choices that fit into your healthy lifestyle.



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**Paramount Unified School District-High School Nutrient Values**

**Rev.8/05**

	Calories	Cholesterol mg	Sodium mg	Dietary Fiber mg	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
<b>Breakfast Entrees</b>												
BAGEL	254	0	264	0.2	1.9	14	0	0	8	52.5	0.7	0.3
CEREAL	87	0	121	0.1	2.66	1.8	20	10.15	1.19	19.96	0.48	0.17
CINNAMON ROLLS	206	0	287	1.46	1.92	35.35	0	0.35	4.62	37.47	4.33	0.66
FRENCH TOAST	90	37	153	0.66	0.9	33.22	20	0	3.32	12.96	2.66	0.83
SAUSAGE/EGG MCMUFFIN	343	273	1012	1.16	2.09	214.64	180	6.25	22.9	24.95	16.46	3.71
SCRAMBLED EGGS	86	216	111	0	0.73	54.89	105	0.21	7.26	1.82	5.28	1.69
WARM BLUEBERRY MUFFIN	175	25	219	0.63	1.12	37.5	63	0.63	3.12	25	6.87	0.63
YOGURT, LOWFAT, 8 OZ	77	7	86	0	0.1	224.17	20	0.98	6.43	8.62	1.9	1.22

	<b>Lunch Entrees</b>											
BAKED CHICKEN	481	93	1305	3.32	2.36	47.17	31	8.06	28.88	43.79	20.95	5.7
BEEF MEATBALLS FOR BYO SUB	85	36	189	0.52	0	12.68	21	0.12	7.76	1.19	5.52	2.16
BEEF TACO MEAT	151	46	105	0.56	1.72	11.74	34	4.02	14.29	2.49	8.99	3.48
CARNE ASADA	150	52	43	0	1.68	3.4	0	0	18.27	0	7.98	3.13
CHEF SALAD	275	35	7738	8.05	1.12	290.23	742	34.14	20.91	17.57	6.72	2.58
CHICKEN BREAST	306	75	365	1	2.36	53.24	5	0.00	31.37	29	5.15	0.89
CHICKEN BURGER	390	55	1030	2	3.24	60	20	0	20	46	15	3
CHICKEN FAJITAS	208	52	637	0	0.2	60	0	0	18	17	8.2	2.5
CHICKEN LEG QUARTERS	200	155	190	0	0.36	0	0	0	18	0	15	3.5
CHILI BOWL	221	54	226	2.78	2.84	34.87	83	14.33	18.98	12.69	10.75	4.12
CHOW MEIN	279	22	10865	1.71	1.34	29.45	11	7.24	4.24	40.65	9.65	1.38
DOMINOS PIZZA	310	22	726	2.15	2.96	137.91	96	4.55	12.98	38.59	11.9	5
FAJITA CHICKEN SALAD	221	27	775	5.45	1.03	217.03	662	31.05	20.89	10.6	3.81	1.72
FIESTA BEAN BURRITO	439	6	1064	8.72	4.66	1063.56	92	0.63	15.96	59.92	14.95	3.84
HAMBURGER ON A BUN- BBO	455	73	884	3.3	4.44	88.4	19	0	31.2	34.3	21	7.6
HOT DOG	310	31	850	1.1	2.04	65.1	10	25.1	9.4	22.4	17.6	6.5
MACHO CHILI CHEESE BURRITO	431	51	774	2.42	3.61	107.19	101	4.46	19.47	44.01	19.05	8.1
MEATLOAF	126	43	103	0.92	1.35	24.18	20	2.94	10.14	5.64	6.86	2.58
ORANGE CHICKEN BOWL	305	35	769	0.63	2.44	25.8	10	1.2	12.25	55.51	2.94	0.62
ORANGE CHIX	204	71	337	0	1.1	20.41	20	2.45	16.33	22.45	5.1	1.02
RIB B QUE SANDWICH	293	32	677	1.4	2.04	59.5	36	0	14.2	33	10.4	2.9
ROTINI NOODLES	2104	0	9516	13.61	22.54	223.02	0	0	72.46	423.48	8.96	1.28
SANTA FE CHICKEN SALAD	269	33	613	6.48	1.59	242.49	674	35.63	19.99	14.59	8.78	2.79
STEAK FOR BYO SUB	174	48	47	0	2.85	7.05	4	0	15.24	0	12.72	5.46
TACO FILLING, BEEF	151	46	105	0.56	1.72	11.74	34	4.02	14.29	2.49	8.99	3.48
TERIYAKI BEEF DUNKERS	169	35	342	0.5	1.4	37	15	0	11.7	10.4	9.1	3.6
TRIANGLE SANDWICHES	283	35	1067	1.79	1.72	233.87	157	12.8	19.71	32.93	8.29	3
TURKEY ROAST FOR BYO SUB	88	30	386	0	1	2.8	0	0	12	1.8	3.2	1
TURKEY SALAD	286	33	692	4.62	1.07	202.61	653	30.03	21.39	6.34	12.1	3
TURKEY,MASHED POTATO w/GRAVY	132	32	647	0.39	1.38	10.17	44	1.35	13.54	7.85	4.65	1.33

	<b>Extras</b>												
ALFREDO SAUCE	30	5	150	0	0	0	20	0	0	1	2.5	1.5	0.5
ASIAN CHOW MEIN NOODLES	140	0	220	1	1.08	0	0	0	3	19	6	1.5	
BACON BITS	10	0	42	0.3	0	83.02	20	0.4	1	0.66	0.33	0	
BREAD, FRENCH ROLLS 6*	190	0	370	1	1.8	60	0	0	5	36	3	1	
CAPPUCCINO	150	0	120	0	0.36	0	0	0	1	21	7	1.5	
CHEESE SAUCE, 1 OZ	40	2	205	0	0	20	0	0	0.5	3	3	0.5	
CHEESE SAUCE, 2 OZ	80	4	410	0	0	40	0	0	1	6	6	1	
CHEESE SAUCE, 3 OZ	120	6	615	0	0	60	0	0	1.5	9	9	1.5	
CHEESE, MONTEREY JACK	54	6	227	0.57	0	0	0	0	1.7	6.8	1.98	0.14	
CHEESE, PARMESAN, GRATED	10	2	39	0	0.02	28.67	4	0	0.87	0.08	0.63	0.4	
CHEESE, REDUCED FAT, SHREDDED	71	15	466	0	0	151.87	81	0	7.09	1.01	4.05	2.53	
CHEESE, SLICED REDUCED FAT	71	15	415	0	0	202.5	152	12.15	7.09	2.03	4.05	3.04	
CHICKEN SAUSAGE PATTY	100	50	455	0	0	0	0	0	8.5	0.5	7	0	
GOTTAGE CHEESE	60	13	205	0	0	0	20	0.6	7	2	2.5	1.5	
CREAM CHEESE	51	16	43	0	0.17	11.6	55	0	1.09	0.39	5.06	3.19	
GROUTONS, SEASONED	100	0	257	0	0	0	0	0	2.57	11.43	4.29	0	
FLOUR TORTILLA, SMALL	103	0	231	0	0	60	0	0	3	17	3	1	
FRIED RICE	137	80	628	0.94	1.38	22.95	42	1.67	5.02	22.05	2.93	0.75	
HAM ROAST	84	41	655	0	0.48	3.4	0	13.21	10.68	0	4.32	0.96	
OLIVES, SLICED	44	0	204	0	0	0	0	0	0	1.77	4.43	0	
RICE PILAF	129	0	402	0.29	1.45	2.98	0	0	2.5	28.11	0.26	0.06	
SALSA	10	0	122	0.4	0.64	3.4	31	1.13	0.43	1.98	0.06	0.01	
SOUP, HOMESTYLE CHICKEN NOODLE	110	30	830	1	0.72	20	100	1.2	9	12	2.5	1	
SPAGHETTI SAUCE	31	0	141	0.96	0.18	7.94	35	3.18	0.52	4.52	1.35	0.19	
SPANISH RICE, 1/2 C.	337	0	818	6.58	1.94	7.23	125	3.02	3.99	39.46	8.69	1.25	
TACO SHELL	140	0	90	2	1.44	20	20	0	2	18	6	0	

	Calories	Cholesterol mg	Sodium mg	Dietary Fiber mg	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
TORTILLA CHIPS, 2 OZ	280	0	200	6	3.6	80	40	0	4	38	12	2
TORTILLA CHIPS, 3 OZ	420	0	300	9	5.4	120	60	0	6	57	18	3
TORTILLA, FLOUR	133	0	297	0	1.44	80	0	0	4	22	3	1
WELCH'S DRINK - GRAPE	200	0	50	0	0	0	0	27	0	49	0	0
WELCH'S DRINK- FRUIT PUNCH	180	0	28	0	0	0	0	27	0	45	0	0
WELCH'S DRINK- LEMONADE	190	0	60	0	0	0	0	27	0	47	0	0
WELCH'S DRINK- STRAWBERRY KIWI	170	0	30	0	0	0	0	0	0	41	0	0
WELCH'S DRINK- WHITE GRAPE	180	0	80	0	0	0	0	45	0	45	0	0
WHIPPED TOPPING	19	5	0	0	0	0	0	0	0	0.95	1.42	0.95
<b>Condiments</b>												
AVOCADO SAUCE	24	0	180	0	0	0	19	0	0	1.89	1.42	0
CATSUP	29	0	336	0.37	0.2	5.39	58	4.28	0.43	7.74	0.1	0.01
ITALIAN DRESSING	185	0	109	0.1	0.08	3.38	1	1.51	0.07	1.2	20.43	3.04
MARGARINE	202	0	223	0	0	0	810	0	0	0	22.27	5.06
MAYONNAISE, LITE	45	5	100	0	0	0	0	0	0	1	4.5	0.5
MUSTARD	22	0	376	0.3	0.6	25.2	0	0	1.41	1.92	1.32	0.06
PICKLE RELISH	37	0	311	0.91	0.32	1.13	8	0.65	0.18	9.77	0.15	0.01
RANCH DRESSING	33	1	248	0.08	0.03	27.95	2	0.31	0.79	1.76	2.5	0.58
RANCH DRESSING	38	0	6926	3.19	0.8	52.31	24	3.19	1.2	7.99	0.4	0
SOUR CREAM	61	12	15	0	0.02	32.89	55	0.26	0.9	1.21	5.94	3.7
SWEET AND SOUR SAUCE	12	0	111	0.06	0.08	2.57	2	1.87	0.14	2.99	0.02	0
SYRUP, PANCAKE	122	0	35	0	0.04	0.43	0	0	0	32.19	0	0
<b>Fruits and Vegetables</b>												
CANTALOUPE	14	0	4	0.32	0.08	4.4	129	16.88	0.35	3.34	0.11	0.03
DICED PEACHES	67	0	6	1.6	0.44	3.7	43	2.96	0.56	17.96	0.04	0
FRESH JUICE	52	0	0	0	0	11.34	0	0	0.91	12.13	0	0
HASH BROWN POTATOES	140	0	220	2	0	0	0	0	2	19	6	1
ONION, GREEN	1	0	1	0.13	0	0	3	0.6	0	0.25	0	0
POTATO ROUNDS	128	0	419	1.97	0.59	4.73	0	2.36	1.38	15.75	7.28	2.95
STRAWBERRIES	22	0	1	1.66	0.27	10.08	2	40.82	0.44	5.05	0.27	0.01
TATOR TOTS	128	0	419	1.97	0.59	4.73	0	2.36	1.38	15.75	7.28	2.95
APPLE WEDGES	16	0	0	0.74	0.05	1.92	1	1.57	0.05	4.19	0.1	0.02
APPLES, GRANNY SMITH	74	0	0	3.37	0.22	8.75	6	7.12	0.24	19.06	0.45	0.07
APPLES,FRESH	81	0	0	3.73	0.25	9.66	7	7.87	0.26	21.04	0.5	0.08
BAJA BEANS,PINTO	94	6	410	3.35	0.96	77.9	53	2.16	5.71	14.35	2.32	0.98
BAKED BEANS	120	0	460	6.38	1.81	56.1	17	3.44	6.38	25.63	0.77	0.2
BAKED POTATO	188	0	20	4.44	2.18	30.3	0	19.39	5.05	42.72	0.26	0.07
BROCCOLI WITH CHEESE SAUCE	97	4	445	1.36	0.4	63.95	70	42.27	2.41	8.7	6.48	1.08
CARROT BITES	9	0	8	0.66	0.11	5.93	1236	2.04	0.23	2.23	0.04	0.01
CARROT STIX	9	0	8	0.66	0.11	5.93	618	2.04	0.23	2.23	0.04	0.01
CELERY STIX	3	0	16	0.32	0.07	7.44	2	1.3	0.14	0.68	0.03	0.01
CHINESE STYLE VEGETABLES	36	0	105	1.41	0.32	19.3	226	13.79	0.99	3.62	2.27	0.33
CHOPPED LETTUCE	3	0	2	0.27	0.1	3.88	13	0.8	0.21	0.43	0.04	0.01
CORN	66	0	265	1.64	0.71	4.1	26	6.97	2.15	15.24	0.82	0.13
DICED TOMATOES	5	0	2	0.25	0.1	1.12	14	4.3	0.19	1.04	0.07	0.01
MANDARIN ORANGES	45	0	10	0.5	0.18	10	30	10.5	0.5	10	0	0
MASHED POTATOES	76	0	345	1.4	0.3	9	0	4	2.1	15	1	0.3
ONION, GREEN	10	0	5	1	0	0	20	4.8	0	2	0	0
ONIONS, FRESH, RED	11	0	1	0.51	0.06	5.67	0	1.81	0.33	2.45	0.05	0.01
ORANGE JUICE, 8 OZ	104	0	0	0	0	22.68	0	0	1.81	24.27	0	0
OVEN FRIES	112	0	16	0	0.6	3.99	0	3.99	0	15.97	4.39	0.6
PEARS	98	0	0	3.98	0.42	18.26	3	6.64	0.65	25.08	0.66	0.04
PEPPERS, JALAPENO	3	0	289	0.57	2.27	238	34	1.36	0	0.57	0	0
PICKLES,DILL	3	0	230	0.22	0.1	1.62	12	0.34	0.11	0.74	0.03	0.01
PINEAPPLE TIDBITS	35	0	5	0.5	0.18	0	0	5.99	0.45	8.48	0	0
PLUMS	36	0	0	0.99	0.07	2.64	21	6.27	0.52	8.59	0.41	0.03
POTATO SALAD	60	0	150	0.88	0.16	5.37	3	3.59	0.76	8.99	2.32	0.47
POTATO WEDGES	208	0	80	3.2	0.8	23.99	0	15.99	4	39.98	3.6	0.8
SALAD, 4 WAY, 1/4 C.	10	0	0	0.5	0	10	75	2.4	0.5	0	0	0
SALSA	10	0	122	0.4	0.64	3.4	31	1.13	0.43	1.98	0.06	0.01
SHREDDED LETTUCE	3	0	2	0.29	0.1	3.88	7	0.8	0.21	0.43	0.04	0.01
SLICED TOMATO	5	0	2	0.25	0.1	1.12	14	4.3	0.19	1.04	0.07	0.01
TANGERINES	37	0	1	1.93	0.08	11.76	77	25.87	0.53	9.4	0.16	0.02
<b>Beverages</b>												
MILK 1% LOWFAT	129	16	161	0	0	376.55	108	2.58	11.83	15.06	2.69	1.61
MILK 1% LOWFAT - STRAWBERRY	173	11	110	0	0.36	250	80	1.2	7	33	2.5	1.5
MILK, NONFAT CHOCOLATE	130	5	0	0	0	250	100	1.2	7	26	0	0