Sample Nutrition Label Comparison - Covello Lunch Week 2, Monday

**Pre DASH Modifications:**
- Bowtie Noodles
- 1 gram of Dietary Fiber

**Post DASH Modifications:**
- Whole Wheat Noodles
- Increase in Fiber (4.2 grams)

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 124</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 3 g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat: 0 g</td>
<td>2%</td>
</tr>
<tr>
<td>Trans Fat: 0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol: 0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium: 1 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate: 21 g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber: 1 g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars: 1 g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein: 4 g</td>
<td>4%</td>
</tr>
</tbody>
</table>

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 159</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 1.8 g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat: 0.3 g</td>
<td>1%</td>
</tr>
<tr>
<td>Trans Fat: 0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol: 0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium: 4.3 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium: 103 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrate: 32 g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber: 4.2 g</td>
<td>17%</td>
</tr>
<tr>
<td>Sugars: 0.6 g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein: 6.4 g</td>
<td>10%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2000 calorie diet.