

# LET'S COOK!

**Servings:**

**Ingredients**

**Directions**

**K-STATE**  
Research and Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

## MYPLATE FOOD GROUPS

- Grains
- Fruits
- Vegetables
- Protein
- Dairy

## NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories		
Total Fat		
Saturated Fat		
Trans Fat		
Cholesterol		
Sodium		
Carbohydrates		
Dietary Fiber		
Sugars		
Protein		



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