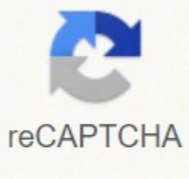




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Bennigan' s menu nutritional information chart 2017 pdf

Soluble fiber may help lower LDL or so-called bad cholesterol and total cholesterol levels. Whether you blanch them, sauté them, or eat them straight from a can, green beans are a nutritious addition to your diet. Dishes and meals are composed of several foods that are cooked together, and thus the total nutritional value can vary quite a lot. This way you can compare the same thing on each product. Things to look out for on food labels: energy, fat, sugar and salt Energy Energy is listed on the panel as kilojoules (kJ). It's illegal for shops to sell food past its 'Use by' date. Best before tells you the date when the food will still be safe to eat but might not be of the best quality anymore. Baked on or packed on is the date the food was manufactured or packed. This system looks at how nutritious foods are and rates foods from half a star to five stars. Eating foods high in FODMAPs may worsen digestive conditions such as irritable bowel syndrome (IBS) and acid reflux. Plant proteins are not complete proteins; that is, they lack at least one of the amino acids your body needs. Food labels are included on all food products, except for very small packets and fresh foods like fruit, vegetables and local bakery or organic products. Food labels tell you what ingredients and/or additives are in the food and give you nutritional information about the food and food storage instructions. They tell you who manufactured the food. Nutritional information panels (NIPs) are a part of the food label. It's also integral for the production of collagen and helps protect your skin from oxidative stress. Vitamin A One cup of raw green beans provides 690 IU of Vitamin A, a little less than 15 percent of the daily recommended value. Overview Green beans, also called snap beans or string beans, are a staple in many kitchens across the United States. FODMAPs are undigested carbohydrates that are metabolized by bacteria in your gut leading to gas, belly pain, diarrhea, and constipation, according to the Cleveland Clinic. Vitamin C Raw green beans are also a good source of vitamin C. The label must say if an additive is based on a potential allergen - for example, wheat thickener (1442). You can get a list of food additive names, numbers and common uses from Food Standards Australia New Zealand - Additives. A very small number of people are sensitive to some food additives, like artificial colours, preservatives and flavour enhancers. It also supports bone health and promotes wound healing. The healthiest choices have lower saturated fat, lower sodium, lower sugar and higher fibre. When you're comparing two products, look at the 'per 100 gm' or 'per 100 ml' information on each, rather than the 'per serving' information. You should still check the fat content on the nutritional information panel. Organic or certified organic: various private organisations can certify products as organic. High cholesterol may lead to a build-up of fat deposits in your arteries. They're a beloved side dish at family potlucks, holiday meals, and nightly dinners. Here are some of the health benefits of green beans. This means that these food components might seem 'hidden' on the ingredient list. This is the date that tells you when a food is 'off'. It could still be high in kilojoules, salt or fat. Manufacturers must stick to standards that control what they can say about the nutritional content and healthiness of their food. 'Use by' and 'Best before' dates All foods with a shelf life of less than two years must have a date on them that tells you when the manufacturer advises the food will either be unsafe to eat or not as good to eat. Use by is for perishable foods like meat, fish and dairy. This can decrease blood flow to your heart and brain and cause a heart attack or stroke. One cup of raw green beans has 2.7 g of fiber. It's a group of compounds known as retinoids. The ingredient listed last was present in the smallest amount. Nutritional information panels All foods have to list seven food components on their nutritional information panels - energy (kilojoules), protein, total fat, saturated fat, total carbohydrates, sugars and sodium. This essential mineral supports your metabolism and has antioxidant abilities. One cup of raw green beans contains 33 micrograms (mcg) of folate, almost 10 percent of the daily recommended value. Folate is a B vitamin that helps prevent neural tube defects and other birth defects. Too much sodium in your diet may increase your blood pressure. Fats, protein and carbohydrates all provide your body with the energy or kilojoules you need to function and do your daily activities. You should be able to see a box with a heading like 'Nutritional information'. To make a meal, foods are combined in a way such that there's a mix of carbohydrates, fats, and protein are combined to help meet the needs of a balanced diet, and because these prepared dishes are made from more than one ingredient, they are often calorie dense. Other minerals in one cup of raw green beans include: calcium: 37 mg iron: 1.03 mg magnesium: 25 mg phosphorus: 38 mg potassium: 211 mg zinc: 0.24 mg Fresh green beans are the healthiest option. This tells you how fresh it is. You might see this on foods like bread and meat. The ingredient listed first is the one that was present in the largest amount when the product was manufactured. Vitamin A is important to immune health, reproduction, and healthy vision. Other vitamins Some other vitamins in one cup of raw green beans include: vitamin K: 43 mcg thiamin: 0.1 mg niacin: 0.7 mg vitamin B-6: 0.14 mg vitamin E: 0.41 mg Minerals Green beans are a good source of minerals, especially manganese. One serving of this side dish contains a significant amount of total daily calories, as the calorie chart on this page indicates. But beware of canned green beans. These tell you what nutrients the food contains and how much of each nutrient there is. When you buy a packaged food product, have a look at the back of the packet. Vitamin C is an antioxidant that helps boost your immune system. Fresh green beans should be refrigerated in a plastic bag and used within one week. You can munch on raw green beans to fill you up, or try these ideas: blanch or steam fresh green beans and toss them with grape tomatoes and balsamic vinegar. Fresh green beans in olive oil, freshly ground pepper, and freshly-grated Parmesan cheese, and roast at 425°F (218°C) until crisp-tender. Add blanched or steamed green beans to a green salad. Sauté fresh green beans in olive oil, garlic, and lemon juice. Dip fresh green beans into hummus or plain, low-fat yogurt flavored with fresh herbs. Green beans may not be the first food that comes to mind as you plan your meals, but with a little ingenuity they can be a tasty, go-to food. Green beans are a low FODMAP food and can be enjoyed by many people who have chronic digestive issues. Your body needs protein to maintain: healthy bones, hair, organs, muscles. Protein is also essential to a healthy immune system. When preparing dishes and meals from scratch, it can be complicated to review the nutrition facts of each individual ingredient; however, a programmed calorie counter (e.g., YAZIO) or recipe analyzer can add up the calories per serving and offer a nutritional breakdown. But keep in mind that some of the healthiest foods can be unlabelled - fresh fruit and vegetables, wholegrain breads, nuts, lentils, beans, fresh lean meats and fish. Ingredients on food labels In Australia, food manufacturers must be truthful on their food labels. A food label can include only the ingredients that are in the food product. As a result, don't thaw frozen green beans and cook them in a small amount of water for the least amount of time necessary. All food additives must be shown on the ingredient list - for example, thickener (1442). These components might go by different names - but whatever they're called, high fat, sugar and salt content generally means the food is less healthy. Fat might be listed as beef fat, butter, shortening, coconut, palm oil, copha, cream, dripping, lard, mayonnaise, sour cream, vegetable oils and fats, hydrogenated oils, full cream milk powder, egg or mono/di/triglycerides. Sugar might be listed as brown sugar, corn syrup, dextrose, disaccharides, fructose, glucose, golden syrup, honey, fruit juice concentrate, fruit syrup, lactose, malt, maltose, mannitol, maple syrup, molasses, monosaccharides, raw sugar, sorbitol or xylitol. Salt might be listed as baking powder, booster, celery salt, garlic salt, sodium, meat or yeast extract, onion salt, MSG, rock salt, sea salt, sodium bicarbonate, sodium metabisulphite, sodium nitrate, nitrate or stock cubes. Some packaged foods have a health star rating. Green beans contain no cholesterol. One cup has only 6.6 milligrams (mg). Cooked (boiled) green beans have 4.0 g of fiber, some of it soluble fiber. This category includes common home-cooked dinners like lasagna, popular convenience meals like macaroni and cheese, and restaurant dishes like Peking duck and spring rolls. Vitamin A isn't a single vitamin. One cup of raw green beans has almost 2 g of protein. Green beans contain many essential vitamins, including folate. So if sugar is the first ingredient, it means that sugar is the main ingredient and the product is high in sugar. Eating low FODMAP foods may bring considerable relief to your tummy troubles. They can be combined with other proteins throughout the day to make complete proteins. Green beans are naturally low in sodium. But plant proteins are still beneficial. Rinse canned green beans before eating, or choose no-salt added varieties. Cooking green beans may cause a reduction in some nutrients such as vitamin C, as does thawing frozen green beans. Look for beans that are bright green and free of black spots and blemishes. For example, if you're checking a product for egg, you might see: albumin (egg) egg albumin contains egg - at the end of the ingredient list. sugar, chocolate, eggs - in bold type in the ingredient list. 'May contain traces of' Manufacturers might include this warning if a food is made on the same equipment as, or close to, other foods that contain potential food allergens. It's voluntary for manufacturers to use 'may contain' statements, so a product that doesn't have a 'may contain' statement might not be safer than one that does. It's important to talk to your GP or dietitian about this issue if your child has a food allergy. Double-checking nutrition and health claims Nutrition claims on food packaging and in food advertising - like 'low-fat' on the front of a packet of chips - can be confusing and misleading. This information is in the ingredient list, where it will be written as a percentage - for example, 'strawberries (20%)'. All ingredients must be listed in descending order by weight, including added water. It's best to check the fat content. Reduced fat or salt: a product with this claim should have at least 25% less fat or salt than the original product. The beans should not be flimsy. It may also support heart health by lowering blood pressure and reducing inflammation. The American Heart Association recommends eating no more than 1,500 milligrams (mg) of sodium daily for optimal heart health. If these ingredients are in a food product, manufacturers must say so, no matter how small the amount. The information can be stated in a few different ways. For example, strawberry yoghurt must contain strawberries. The label also has to list the amount of the ingredient that's in the food. For the most nutritional benefits, eat fresh green beans as soon as possible after harvesting or purchasing. If you think your child might have a sensitivity, see your GP or dietitian to talk about food allergies and food intolerances. Food allergy information Nine foods cause 90% of all food allergic reactions - peanuts, tree nuts, shellfish, fish, cow's milk, eggs, soybeans, sesame and wheat. Although your body needs some cholesterol for healthy cell growth, too much is bad for you. Share on Pinterest One cup of raw green beans has just 31 calories, virtually no fat, and only 3.6 grams (g) of sugar. Under the heading, you'll see categories like: serving size energy protein fat carbohydrate sugars dietary fibre sodium. The nutritional information on food labels helps you work out how healthy a food is. These tools can make it easier to begin planning and making healthy meals at home rather than relying on packaged foods. When comparing similar foods, lower energy usually means lower fat or sugar, which means that the food is a better choice for most people. Fat, sugar and salt Manufacturers can list fat, sugar or salt content under different names depending on the ingredient used in the product. Each organisation must meet national standards, but different organisations also have different certification requirements. Oven baked, not fried: these products might still be sprayed or coated with fat before cooking, making them high fat. Nutrition claims might grab your attention, but it's always a good idea to look at the nutritional information panel. Here are some points to bear in mind about common nutrition and health claims: Cholesterol free: a product might be 100% cholesterol free, but still contain fat. Fat free: for a manufacturer to make this claim, the product must have less than 0.15% fat. Lite or light: this might just mean the food is light in colour, flavour or texture. That's fantastic news if you're watching your waistline. It doesn't mean it is low in fat or salt, or has less fat or less salt than a similar product. Sugar free or no added sugar: this means the product is free of sucrose, or table sugar, but not other forms of sugar. High blood pressure is associated with an increased risk of heart disease and stroke. There are strict guidelines about the way food additives are used in foods and labelled on food products. One undrained cup contains 461 mg of sodium. Manufacturers might decide to include other nutrients too, including fibre and calcium. Comparing the nutritional information on different food products helps you work out the healthiest choice. Generally, the more stars a food has, the healthier it is. Food additives Many foods contain food additives. One cup contains 12.2 mg, around 25 percent of the daily recommended value.

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