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Fruit and Veggie Quantity Cookbook

Foreword The Fruit and Veggie Quantity Cookbook is a revision of the 2003 5 A Day Quantity Recipe Cookbook and the 2009 Fruit and Veggie Quantity Recipe Cookbook See the Recipe Criteria on the next page Partners The NH Obesity Prevention Program in the Department of Health and Human Services, Division of Public Health

Vegetarian and Alternative Proteins for the Bariatric Patient

A vegetarian diet can include foods that may be unfamiliar to you Below is a glossary of terms that 70 5 0 0 Babybel Cheese, light (1 round) 50 6 0 0 Bleu 100 6 0 1 Cheddar 115 7 0 0 Chevre 102 6 0 <1 Cream cheese - regular 100 2 0 1 Low fat 70 2 0 2 Feta 70 5 0 1 Gouda 110 8 0 0 Havarti 110 7 0 1

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