



Heart-Friendly

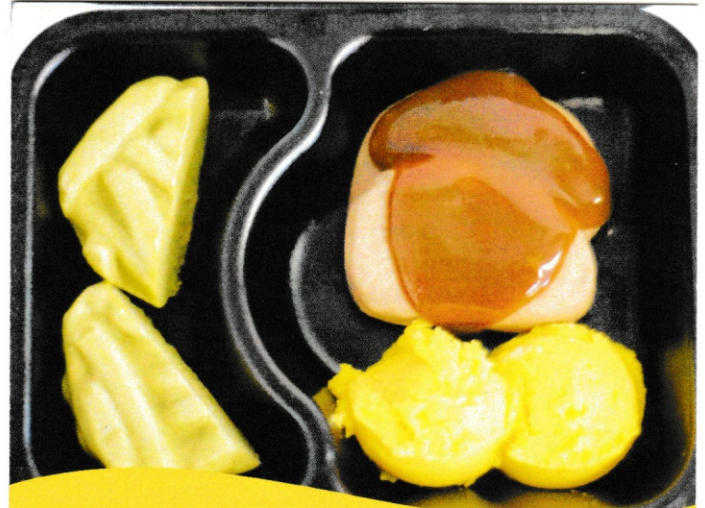
**Chicken and
Scalloped Potatoes,
Broccoli Cuts
and Vegetable Blend**

This is just *an example* of the delicious Heart-Friendly meals available. There are many other entrees to enjoy.

Delicious, medically appropriate meals from:



3D Catering is a program of EAAA
1-800-432-7812
eaaa.org



Pureed

**Puréed Shaped Roast
Beef Patty, Gravy,
Mashed Potatoes & Squash
Blend, Pureed Shaped
Green Beans**

This is just *an example* of the delicious Pureed meals available. There are many other entrees to enjoy.

Delicious, medically appropriate meals from:



3D Catering is a program of EAAA
1-800-432-7812
eaaa.org

Heart-Friendly

meals have 700mg or less of sodium, less than 30% calories from fat, and less than 10g of saturated fat, as recommended by the American Heart Association.

We have dozens of other entrée choices available.

Per Serving:

Serving Size:	397g	
1 container		
Calories:	352	
Calories from Fat:	52	
Fat:	6.0 g	7%
Saturated:	2 g	9%
+Trans:	0.0 g	
Cholesterol:	66g	22%
Sodium:	541g	24%
Carbohydrate:	45.5g	17%
Fiber:	9.5g	34%
Sugars:	6.5g	
Protein:	31g	

More Medically Appropriate Meals:

- Low-Sodium
- Diabetic-Friendly
- Renal-Friendly
- Gluten-Free
- Pureed
- Vegetarian
- Comfort Food

Pureed

Puréed meals meet the needs of customers with difficulty chewing or swallowing, without sacrificing taste.

We have dozens of other entrée choices available.

Per Serving:

Serving Size: 1 container	284g	
Calories:	380	
Calories from Fat:	198	
Fat:	22.0 g	35%
Saturated:	7.5 g	40%
+Trans:	0.0 g	
Cholesterol:	55.0 mg	19%
Sodium:	724.5 g	30%
Carbohydrate:	27.5g	9%
Fiber:	3.0 g	12%
Sugars:	2. g	
Protein:	24.0 g	

More Medically Appropriate Meals:

- Heart-Friendly
- Low-Sodium
- Diabetic-Friendly
- Gluten-Free
- Renal-Friendly
- Vegetarian
- Comfort Food



Low-Sodium

Meatloaf with Mushroom Sauce, Mashed Potatoes, Peas & Corn

This is just *an example* of the delicious Low-Sodium meals available. There are many other entrees to enjoy.

Delicious, medically appropriate meals from:



3D Catering is a program of EAAA
1-800-432-7812
eaaa.org



Diabetic-Friendly

Braised & Pulled Pork, BBQ Brown Gravy, Sweet Mashed Potatoes, Green Beans & Corn

This is just *an example* of the delicious Diabetic-Friendly meals available. There are many other entrees to enjoy.

Delicious, medically appropriate meals from:



3D Catering is a program of EAAA
1-800-432-7812
eaaa.org

Low-Sodium

meals have meals have 140mg or less of sodium per 100g serving, our low-sodium meals provide you with plenty of delicious options, without sacrificing taste.

We have dozens of other entrée choices available.

Per Serving:

Serving Size: 1 container	380g	
Calories:	398	
Calories from Fat:	117	
Fat:	13.0 g	17%
Saturated:	4.5 g	23%
+Trans:	0.0 g	
Cholesterol:	41.0 mg	14%
Sodium:	454 mg	20%
Carbohydrate:	48.0 g	17%
Fiber:	8.0 g	29%
Sugars:	10.0 g	
Protein:	23.0 g	

More Medically Appropriate Meals:

- Heart-Friendly
- Diabetic-Friendly
- Renal-Friendly
- Gluten-Free
- Pureed
- Vegetarian
- Comfort Food

Diabetic-Friendly

are designed to meet the needs of customers who watch their carb intake. With 70g or less of carbohydrates per entrée, the diabetic-friendly meals will help support healthy eating patterns.

We have other entrée choices available.

Per Serving:

Serving Size: 1 container	354g	
Calories:	371	
Calories from Fat:	93	
Fat:	10.5 g	16%
Saturated:	3.5 g	18%
+Trans:	0.0 g	
Cholesterol:	64.0 mg	21%
Sodium:	454 mg	19%
Carbohydrate:	48.5 g	16%
Fiber:	5.5 g	20%
Sugars:	14.5 g	
Protein:	22.5 g	

More Medically Appropriate Meals:

- Heart-Friendly
- Low-Sodium
- Renal-Friendly
- Glute-Free
- Pureed
- Vegetarian
- Comfort Food