

Lean facts : diet exchanges and nutritional information / Findus, Family Heart Association, Nestlé UK Ltd. ; produced by Pielle Public Relations.

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FINDUS LEAN CUISINE DIET EXCHANGES

Diet 'exchanges' are used in many weight control programmes to help in planning daily food intake. We have provided here a list of the recipe dishes in the FINDUS Lean Cuisine range and their 'exchanges'.

LEAN FACTS

diet exchanges and
nutritional
information

	Milk	Protein	Vegetables	Bread	Fruits	Fat	Optional Calories
ENTREES							
Beef Julienne	-	2	1/4	1 1/2	-	-	10
Chicken à L'Orange	-	2 1/2	1/4	1	-	-	-
Chicken & Prawn Cantonese	-	2	1/2	1 1/4	-	1/2	5
Chicken & Ham Lasagne Verdi	1/4	1 1/2	1/2	1/2	-	-	-
Glazed Chicken	-	3	1/4	1	-	-	-
Kashmiri Chicken Curry	1/4	2	1/2	1	-	1/2	10
Lamb Tikka Masala	1/4	2	1/2	1/4	-	-	5
Lean Beef Lasagne	1/2	1 1/2	1	2/3	-	1/4	10
Moussaka	1/2	1 1/2	2 1/2	-	-	1/4	10
Spaghetti Bolognese	-	1 1/2	1 1/2	1 1/4	-	1/4	5
Spicy Chicken Creole	-	2 1/2	-	1 1/2	-	-	10
Sweet & Sour Sesame Chicken	-	2 1/4	1/4	1	1/4	-	10
SEAFOOD							
Fisherman's Pie	1	2	1/2	1	-	-	-
Prawn Curry	1/4	2	1	1	-	1/2	-
VEGETARIAN							
Vegetable Enchiladas	-	1/4	2 1/2	1 1/4	-	1/4	5
Vegetable Gratin	1/4	1/2	2 1/2	1 1/4	-	1/4	-
Vegetable Risotto	-	-	1	2 1/4	-	1/4	10
Zucchini Lasagne	-	1	1 1/2	1	-	-	5
HEALTHY APPETITES							
Chilli Con Carne	-	2 1/2	-	3	-	-	10
Chicken Tikka Masala	1/4	2	1	2 1/3	-	-	10
Farmhouse Chicken Casserole	-	2	1	1 2/3	-	1/2	10
Lean Beef Madras	-	2	1 1/2	2 1/3	-	2/3	20

Findus
Lean Cuisine.

Findus, St. George's House, Croydon, Surrey, England.
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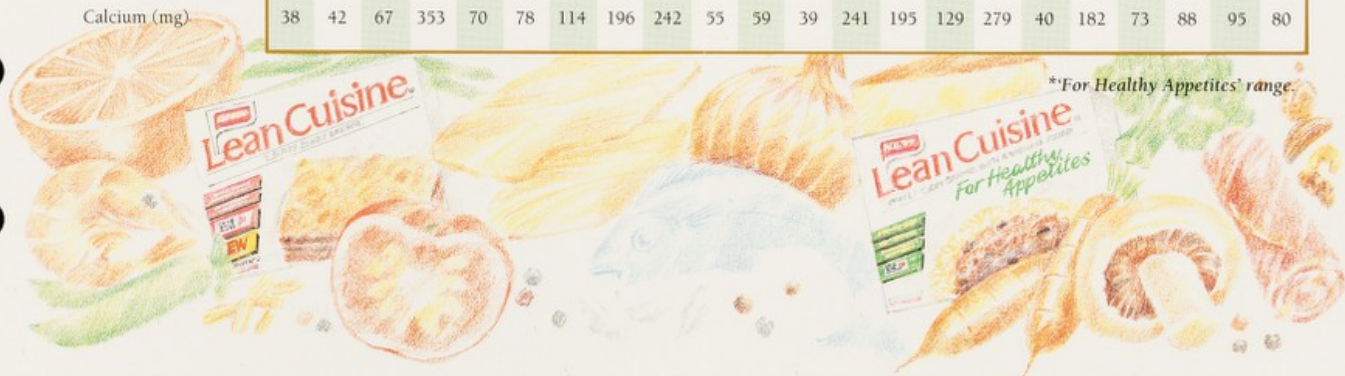


Findus
Lean Cuisine.

**FAMILY
HEART
ASSOCIATION**

FINDUS LEAN CUISINE - NUTRITIONAL VALUES PER SERVING

	Beef Julienne	Chicken à L'Orange	Chicken & Prawn Cantonese	Chicken & Ham Lasagne Verdi	Glazed Chicken	Kashmiri Chicken Curry	Lamb Tikka Masala	Lean Beef Lasagne	Moussaka	Spaghetti Bolognese	Spicy Chicken Creole	Sweet & Sour Sesame Chicken	Fisherman's Pie	Prawn Curry	Vegetable Enchiladas	Vegetable Gratin	Vegetable Risotto	Zucchini Lasagne	*Chilli Con Carne	*Chicken Tikka Masala	*Farmhouse Chicken Casserole	*Lean Beef Madras
Pack weight (g)	282	252	272	275	272	262	256	300	330	335	286	238	320	291	346	300	300	315	420	410	400	410
Energy (kJ)	1233	1170	1210	1018	1244	1255	1254	1180	1087	1226	1250	1210	1161	1165	1073	1238	1223	886	1790	1730	1410	1760
(kcal)	292	276	287	241	295	297	297	279	258	290	295	286	275	276	254	294	290	210	424	410	334	416
Protein (g)	21.2	23.4	19.7	20.4	28.0	18.9	21.2	19.0	17.7	19.0	20.6	19.6	23.1	15.3	9.7	12.4	9.0	16.3	24.6	25.2	22.0	28.1
Carbohydrates (g)	38.3	34.3	30.0	26.4	26.9	39.7	38.2	35.3	29.0	38.0	44.0	38.7	33.0	36.9	35.8	42.8	46.2	25.8	62.2	59.2	47.3	58.8
- of which sugars (g)	3.8	8.6	4.0	11.2	8.4	9.5	6.4	10.4	17.0	10.0	7.4	12.5	12.5	9.3	15.8	14.6	10.8	12.4	6.9	11.3	9.6	9.7
Fat (g)	5.5	4.7	9.6	6.0	8.4	7.0	6.6	6.8	7.5	6.6	4.1	5.9	5.6	7.5	7.2	8.1	7.7	4.6	8.2	8.0	5.8	7.6
- of which saturates (g)	1.7	1.6	1.4	2.3	1.7	1.1	2.9	3.1	2.0	2.1	1.2	1.2	2.3	2.4	1.8	2.8	2.5	2.3	2.6	1.7	1.2	2.1
Dietary Fibre (g)	2.0	2.0	5.3	3.5	3.6	4.3	4.5	3.3	3.1	3.8	3.8	3.9	3.0	3.3	3.9	4.7	4.6	5.2	6.9	6.7	6.2	6.3
Sodium (g)	0.9	0.5	0.8	0.9	0.8	0.8	0.5	1.0	1.0	0.7	0.6	0.8	0.9	0.6	0.7	0.7	0.7	0.7	1.0	0.9	1.0	1.0
Calcium (mg)	38	42	67	353	70	78	114	196	242	55	59	39	241	195	129	279	40	182	73	88	95	80



*For Healthy Appetites' range.