



Chef Greg Alden Steele

PHILLY GREENS MOBILE CUISINE LLC

NUTRITIONAL TARGET MAP™ (PATENT PENDING)

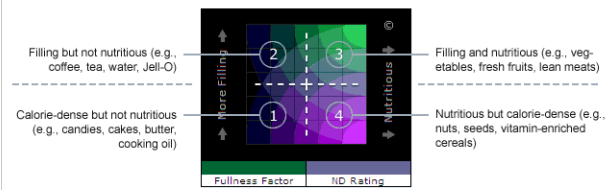
This graphic helps you see at a glance how foods line up with your nutritional and weight-management goals by telling you how nutritious (nutrient-dense) and filling (calorie-dense) a food is. Foods are mapped according to two nutritional indices that were developed by Nutrition Data:

- The **Fullness Factor™ (FF)** rates foods on a 0 to 5 scale that predicts the satiating effect of the food. Higher FF numbers indicate that a food is more filling or satisfying per calorie. Lower FF numbers suggest that a food will supply a lot of calories before you feel full. Therefore, foods with high FF numbers may support weight loss and foods with low FF numbers may support weight gain.
- The **ND (Nutrition Data) Rating** scores foods on a 0 to 5 scale based on the FDA recommendations for a healthy diet. A higher ND Rating indicates that a food is more nutritious. The proprietary formula used to derive the ND Rating takes into account the nutrient density of the food (how many nutrients per calorie), how many different essential nutrients are present, the relative importance of the nutrients present, and the amount of nutrients that are frequently overconsumed, such as sodium, cholesterol, and saturated fat.

How to Use the Nutritional Target Map™

Every food has a distinct position on the Nutritional Target Map™, and specific areas of the Map align with common nutritional goals such as weight loss, optimum nutrition, and healthy weight gain

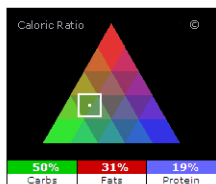
- Foods closer to the right edge of the map (with a high ND Rating) are considered to be good choices for optimizing the nutritional quality of your diet.
- Foods closer to the upper right corner of the map (with a high Fullness Factor™ and a high ND Rating) are considered to be good choices for healthy weight loss.
- Foods closer to the lower right corner (with a low Fullness Factor™ and a high ND Rating) are considered to be good choices for healthy weight gain.



CALORIC RATIO PYRAMID™

This graphic indicates the percentage of the food's calories that are derived from the three main macronutrients—carbohydrates, fats, and protein. If the food contains alcohol, a fourth number will appear that indicates the percentage of calories derived from alcohol.

Each position within this special graph indicates a different caloric ratio. The top point of this pyramid indicates a food with 100% of its calories derived from fats (and 0% from carbohydrates and protein). As you move downward on the pyramid, the percentage of calories from fats decreases; the very bottom line of the pyramid indicates a food that is completely fat-free. In a similar manner, the left-most corner of the pyramid is 100% carbohydrate and the right-most is 100% protein.



How to use the Caloric Ratio Pyramid™

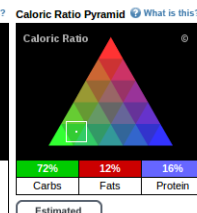
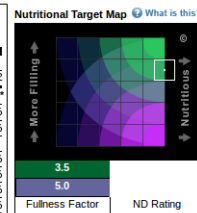
Although there are differences of opinion over which ratios are most optimal for health and weight loss, many popular diets are based on a particular caloric ratio. For example, the USDA guidelines recommend that approximately 60% of the calories you consume should come from carbohydrates and approximately 30% from fat. Proponents of the Zone™ diet recommend a ratio (40%-30%-30%) much lower in carbohydrates but higher in protein. Advocates of the Atkins™ and South Beach™ diets recommend even lower consumption of carbohydrates, while many other diet philosophies focus on an ultralow consumption of fats.

This educational handout, per allowable use, it may only be used in printed form. Nutritional data and images courtesy of www.NutritionData.com.

Leafy greens are high in nutrition value and dietary fiber, but low in calories, particularly calories from fat. Therefore, a meal of only leafy greens will leave most people hungry and looking for something less healthy to fill them up.

Nutrition Facts

Serving Size 1 ounce (28g)	
Amount Per Serving	
Calories 14	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 32mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	2%
Sugars	
Protein 1g	
Vitamin A 4%	Vitamin C 3%
Calcium 4%	Iron 3%



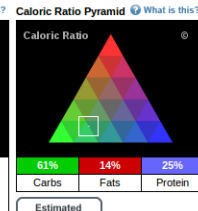
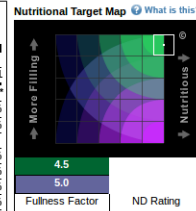
Download Printable Label Image

NutritionData's Opinion
Weight loss: ★★★★★
Optimum health: ★★★★★
Weight gain: ★★☆☆☆

The good: This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Dietary Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus, and a very good source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium, Copper and Manganese.

Nutrition Facts

Serving Size 1 ounce (28g)	
Amount Per Serving	
Calories 4	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars	
Protein 0g	
Vitamin A 19%	Vitamin C 2%
Calcium 1%	Iron 2%



Download Printable Label Image

NutritionData's Opinion
Weight loss: ★★★★★
Optimum health: ★★★★★
Weight gain: ★★☆☆☆

The good: This food is low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Riboflavin, Calcium, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Iron, Potassium and Manganese.

Notice how well sunflower seeds compares to raw egg (often used as a benchmark for protein). A note on protein, the body does not use whole proteins, rather ingested proteins are broken down into amino acids, which the body then uses to build the proteins it needs.

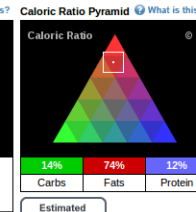
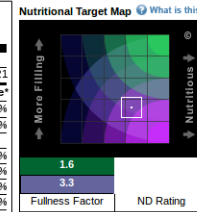
Amino Acid	Kale	Sunflower	Lentils	Quinoa	Raw Egg
Tryptophan	11.2	97.4	22.7	14.6	35.0
Threonine	41.2	260.0	90.4	36.7	126.0
Isoleucine	55.2	319.0	109.0	44.0	185.0
Leucine	64.7	456.0	183.0	73.1	284.0
Lysine	55.2	262.0	176.0	66.9	226.0
Methionine	9.0	138.0	21.6	26.9	112.0
Cysteine	12.3	126.0	33.0	17.6	80.4
Phenylalanine	47.3	327.0	125.0	51.8	192.0
Tyrosine	32.8	186.0	67.5	23.2	128.0
Valine	50.7	368.0	125.0	51.8	227.0
Arginine	51.5	673.0	195.0	95.2	181.0
Histidine	19.3	177.0	71.1	35.6	81.2
Alanine	46.5	313.0	106.0	51.2	197.0
Aspartic acid	82.6	685.0	279.0	98.8	342.0
Glutamic acid	105.0	1562.0	392.0	162.0	434.0
Glycine	44.5	409.0	103.0	60.5	116.0
Proline	54.9	331.0	106.0	67.2	122.0
Serine	38.9	301.0	116.0	49.3	223.0

All units in mg based on a 28 gram (1 oz) serving size

These ingredients are used in my sauces to add a satisfying balance of fat and carbs along with proteins (amino acids) to go with the leafy greens to create a meal that fills you up, with with a carb/fat/protein similar to a McDonald's hamburger, but with much high nutritional value.

Nutrition Facts

Serving Size 1 ounce (28g)	
Amount Per Serving	
Calories 164	Calories from Fat 121
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1g	6%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	10%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 1%
Calcium 2%	Iron 8%



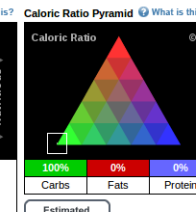
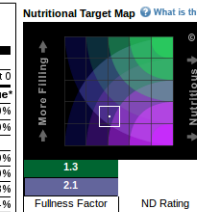
Download Printable Label Image

NutritionData's Opinion
Weight loss: ★★☆☆☆
Optimum health: ★☆☆☆☆
Weight gain: ★★★★★

The good: This food is very low in Cholesterol and Sodium. It is also a good source of Thiamin, Vitamin B6, Magnesium, Phosphorus, Copper, Manganese and Selenium, and a very good source of Vitamin E (Alpha Tocopherol).

Nutrition Facts

Serving Size 1 ounce (28g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 1%



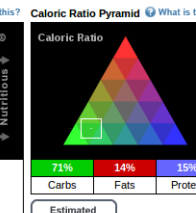
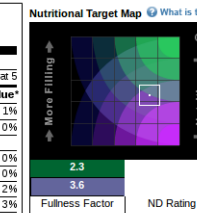
Download Printable Label Image

NutritionData's Opinion
Weight loss: ★☆☆☆☆
Optimum health: ★☆☆☆☆
Weight gain: ★★★★★

The good: This food is very low in Saturated Fat, Cholesterol and Sodium.

Nutrition Facts

Serving Size 1 ounce (28g)	
Amount Per Serving	
Calories 34	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	3%
Sugars	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%



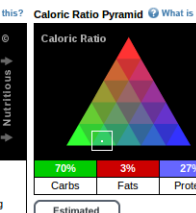
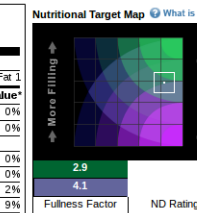
Download Printable Label Image

NutritionData's Opinion
Weight loss: ★★★★★
Optimum health: ★★★★★
Weight gain: ★★☆☆☆

The good: This food is very low in Cholesterol and Sodium. It is also a good source of Magnesium and Phosphorus, and a very good source of Manganese.

Nutrition Facts

Serving Size 1 ounce (28g)	
Amount Per Serving	
Calories 32	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 1%
Calcium 1%	Iron 5%



Download Printable Label Image

NutritionData's Opinion
Weight loss: ★★★★★
Optimum health: ★★★★★
Weight gain: ★★★★★

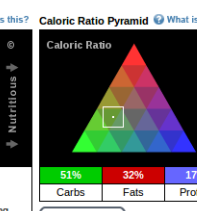
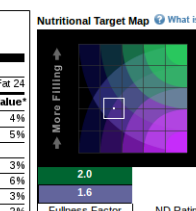
The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Protein, Iron, Phosphorus and Copper, and a very good source of Dietary Fiber, Folate and Manganese.

McDonald's sandwich: Hamburger

Serving size: 1 ounce (28g)

FOOD SUMMARY

Serving Size 1 ounce (28g)	
Amount Per Serving	
Calories 75	Calories from Fat 24
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 8mg	3%
Sodium 148mg	6%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	2%
Sugars 2g	
Protein 3g	
Vitamin A 0%	Vitamin C 1%
Calcium 5%	Iron 4%



Download Printable Label Image

NutritionData's Opinion
Weight loss: ★☆☆☆☆
Optimum health: ★☆☆☆☆
Weight gain: ★★★★★

The good: This food has moderate levels of all of its measured nutrients.

McDonald's hamburger, a target for what people accept as a satisfying meal, has a carb/fat/protein ratio of 51/32/17, but with a very low nutrition factor.