

## Nutrition Comparison

# Convenient Comfort Foods: Memories of Mom's Kitchen

### Nutrition Comparison of Supermarket Comfort Foods

As with all EN comparisons, this is only a sampling of what's available.

✓= EN's Picks. Side dishes contain no more than 200 calories, 5 grams total fat, 2 grams saturated fat, 450 milligrams sodium and no more than four ingredients you couldn't find in your own pantry. Entrees contain no more than 400 calories, 14 grams total fat, 5 grams saturated fat, 600 milligrams sodium, at least 15 grams protein, and no more than four ingredients you couldn't find in your own pantry.

| Brand   | Serving Size   | Calories | Total Fat (grams) | Sat Fat (grams) | Sodium (milligrams) | Protein (grams) |
|---|----------------|----------|-------------------|-----------------|---------------------|-----------------|
| <b>SIDE DISHES—FROZEN</b>                                     |                |          |                   |                 |                     |                 |
| 365 Organic Macaroni & Cheese                                 | 9 oz           | 370      | 12                | 8               | 760                 | 20              |
| ✓ 365 Organic Potato & Onion Pierogi                          | 1 cup          | 190      | 1.5               | 0.5             | 320                 | 6               |
| Alexia Mashed Red Potatoes with Garlic & Parmesan             | ½ cup          | 150      | 7                 | 4               | 390                 | 4               |
| Moosewood Organic Vegetarian Macaroni & 3 Cheese              | 10 oz          | 400      | 17                | 9               | 670                 | 17              |
| Joe's Diner Macaroni & Cheese                                 | 1 cup          | 360      | 15                | 8               | 590                 | 16              |
| <b>SIDE DISHES—MIXES*</b>                                     |                |          |                   |                 |                     |                 |
| ✓ 365 Organic Instant Mashed Potatoes                         | ⅔ cup          | 150      | 0                 | 0               | 10                  | 2               |
| Betty Crocker Cheesy Scalloped Potatoes                       | ½ cup          | 90       | 0                 | 0               | 650                 | 2               |
| Betty Crocker Homestyle Creamy Butter Mashed Potatoes         | ⅔ cup          | 80       | 1.5               | 0.5             | 460                 | 3               |
| Betty Crocker Sweet Potato Mashed Potato                      | ½ cup          | 120      | 1                 | 0.5             | 310                 | 2               |
| Kraft Original Macaroni & Cheese                              | 1 cup          | 260      | 3.5               | 2               | 580                 | 9               |
| Stovetop Stuffing Mix for Chicken                             | ½ cup          | 110      | 1                 | 0               | 430                 | 3               |
| ✓ Trader Joe's Cheddar Cheese Potatoes Au Gratin              | ½ cup          | 90       | 0.5               | 0               | 450                 | 2               |
| ✓ Trader Joe's Garlic Mashed Potatoes                         | ½ cup          | 80       | 0                 | 0               | 270                 | 2               |
| Trader Joe's Organic Shells & White Cheddar Macaroni & Cheese | ⅔ cup          | 260      | 3.5               | 2               | 570                 | 10              |
| <b>SIDE DISHES—REFRIGERATED</b>                               |                |          |                   |                 |                     |                 |
| Shedd's Country Crock Garlic Mashed Potatoes                  | ⅔ cup          | 160      | 7                 | 3               | 430                 | 2               |
| Simply Potatoes Traditional Mashed Potatoes                   | ½ cup          | 120      | 6                 | 4               | 420                 | 2               |
| TGI Friday's Steakhouse Mashed Potatoes                       | ⅔ cup          | 220      | 11                | 4.5             | 670                 | 4               |
| Trader Joe's Diner Classics Macaroni & Cheese                 | 1 cup          | 370      | 18                | 7               | 300                 | 15              |
| <b>SIDE DISHES—MICROWAVEABLE</b>                              |                |          |                   |                 |                     |                 |
| Kraft Easy Mac  | 1 (2 oz)       | 220      | 4                 | 2.5             | 700                 | 6               |
| Velveeta Shells & Cheese made with 2% milk cheese             | 1 (2.2 oz)     | 180      | 3                 | 1.5             | 640                 | 7               |
| <b>ENTREES—FROZEN</b>   |                |          |                   |                 |                     |                 |
| 365 Organic Macaroni & Beef                                   | 1 (9 oz)       | 310      | 7                 | 3.5             | 840                 | 18              |
| Amy's Broccoli Pot Pie with Cheddar Cheese Sauce              | 1 (7.5 oz)     | 430      | 22                | 10              | 630                 | 11              |
| Amy's Chili & Cornbread                                       | 1 (10.5 oz)    | 340      | 6                 | 2.5             | 680                 | 11              |
| Amy's Shepherd's Pie—Light in Sodium                          | 1 (8 oz)       | 160      | 4                 | 0               | 290                 | 5               |
| Healthy Choice Classic Meatloaf Complete Meal                 | 1 (12 oz)      | 300      | 7                 | 2.5             | 530                 | 15              |
| Healthy Choice Homestyle Salisbury Steak Complete Meal        | 1 (12.5 oz)    | 290      | 6                 | 2               | 520                 | 16              |
| Hungry Man Boneless Fried Chicken Meal                        | 1 (16 oz)      | 860      | 39                | 9               | 1340                | 39              |
| Marie Callender's Beef Pot Pie                                | 1 (8 oz)       | 510      | 29                | 11              | 780                 | 15              |
| Stouffer's Meatloaf with Mashed Potatoes                      | 1 (10 oz)      | 340      | 19                | 8               | 780                 | 22              |
| Stouffer's Tuna Noodle Casserole                              | 1 (12 oz)      | 450      | 20                | 6               | 990                 | 22              |
| Trader Joe's Shepherd's Pie                                   | 1 cup          | 190      | 3.5               | 1               | 590                 | 18              |
| Weight Watchers Smart Ones Macaroni & Cheese Meal             | 1 (10 oz)      | 270      | 2                 | 1               | 790                 | 11              |
| <b>ENTREES—MIXES*</b>   |                |          |                   |                 |                     |                 |
| Annie's Organic 5 Grain Elbows & White Cheddar                | 1 cup          | 260      | 4                 | 2               | 570                 | 10              |
| Annie's Organic Cheeseburger Macaroni                         | 1 cup          | 140      | 2.5               | 1               | 520                 | 6               |
| Annie's Organic Creamy Tuna Spirals                           | 1 cup          | 200      | 2.5               | 1.5             | 620                 | 8               |
| Back to Nature 100% Whole Wheat Macaroni & Cheese             | 1 cup          | 230      | 2                 | 1               | 620                 | 11              |
| Betty Crocker Hamburger Helper Classic                        |                |          |                   |                 |                     |                 |
| Double Cheeseburger Macaroni                                  | 1 cup          | 120      | 1                 | 0               | 630                 | 3               |
| <b>ENTREES—REFRIGERATED</b>                                   |                |          |                   |                 |                     |                 |
| Mrs. Budd's Fully Baked White Meat Chicken Pie                | 1 cup          | 330      | 17                | 5               | 890                 | 11              |
| ✓ Trader Joe's Diner Classics Chili Mac                       | 1 cup          | 290      | 14                | 4.5             | 440                 | 15              |
| Tyson Fully Cooked Seasoned Meatloaf                          | 5 oz           | 320      | 23                | 10              | 600                 | 14              |
| <b>ENTREES—MICROWAVEABLE</b>                                  |                |          |                   |                 |                     |                 |
| Dinty Moore Beef Stew   | 1 bowl (10 oz) | 250      | 11                | 5               | 1250                | 15              |
| Hormel Compleats Chicken & Dumplings                          | 1 (10 oz)      | 260      | 8                 | 2               | 1140                | 13              |
| Hormel Compleats Tuna Casserole                               | 1 (10 oz)      | 240      | 7                 | 4               | 880                 | 17              |

Note: oz=ounce. Source: Manufacturer information on food label and website.

\*Nutritional information for dry mix only, does not include addition of suggested ingredients.

Bad day? A little under-the-weather? Case of the blahs? Whatever the situation, a creamy bowl of mac & cheese or a big steaming helping of mashed potatoes will help put you back on top again, right? Even if you don't have time to slave over a hot stove recreating one of your grandmothers' famous recipes, you're not out of luck. You need look no further than your grocer's shelves to get that comfort you crave.

**Helpful Hints.** Before you start loading up your cupboards for the next rainy day, check out the following tips.

- **Watch the fat.** Butter, cream and cheese are often hallmark ingredients in the comfort foods we love, giving total fat and saturated fat levels a much *un*-needed boost. Aim to keep total fat below 5 grams and saturated fat below 2 grams in side-dishes, and below 14 grams and 5 grams, respectively, in entrees.

- **Not worth their weight in salt.** As with many pre-made foods, salt is often used for both flavor and as a preservative, leading some of these foods to have more than half a day's worth of sodium (recommended daily intake is no more than 2,300 milligrams). A healthy goal is to try to get no more than about 450 milligrams in side dishes and about 600 in entrees.

- **Get your protein.** If you're counting on a convenience comfort food to stand in for a meal, keep an eye on protein levels. Many comfort foods such as macaroni and cheese are skimpy on protein, an essential nutrient that can help you feel full longer. If you're favorite comfort food contains less than 15 grams of protein, add a small serving of lean meat like skinless chicken breast or plant protein such as tofu.

- **Pair with veggies.** When it comes to comfort, pasta, potatoes and meat often take precedence over veggies. To boost the fiber, as well as vitamin and mineral content of a comforting meal, consider adding a simple green salad or steamed vegetables to these meals.

— Heidi McIndoo, M.S., R.D.