

# FRESHLY MADE, SIMPLY FROZEN.

## You Be the Judge: Frozen Prepared Meals VS Homemade

STOUFFER'S®, LEAN CUISINE®, DIGIORNO®, HOT POCKETS® and LEAN POCKETS® recipes are freshly made with passion from quality ingredients chosen with care. We quick-freeze each meal to help lock in taste, texture and nutrition, so they're ready when you're ready to eat them. We invite you to find out how the sensible portions of our meals stack up nutritionally against some of the common meals you might make at home.



**STOUFFER'S® Macaroni & Cheese**  
(Freshly made pasta, real cheddar cheese sauce)

Typical Homemade  
(Macaroni & cheese)

Daily Value is based on a 2000 calorie diet

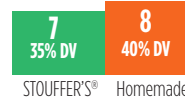
### SODIUM (mg)

Daily Value  
**2400**

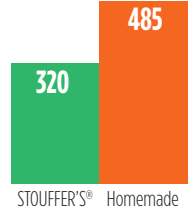


### SATURATED FAT (g)

Daily Value  
**20**



### CALORIES



Swap frozen for homemade once a week and save 8580 calories a year!



**STOUFFER'S® Baked Chicken Breast** (Boneless chicken breast with gravy and mashed potatoes)

Typical Homemade (Chicken with vegetables, potatoes & gravy)

Daily Value is based on a 2000 calorie diet

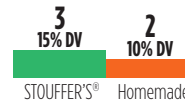
### SODIUM (mg)

Daily Value  
**2400**



### SATURATED FAT (g)

Daily Value  
**20**



### CALORIES



Swap frozen for homemade once a week and save 2600 calories a year!



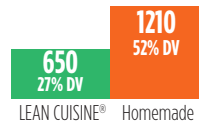
**LEAN CUISINE® Sesame Chicken**  
(Sesame breaded chicken tenderloins, pasta, green beans and red peppers)

Typical Homemade Chicken or Turkey in Noodles with Soy-Based Sauce

Daily Value  
Based on a 2000 calorie diet

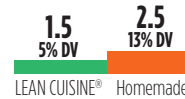
### SODIUM (mg)

Daily Value  
**2400**



### SATURATED FAT (g)

Daily Value  
**20**



### CALORIES



Swap frozen for homemade once a week and save 780 calories a year!



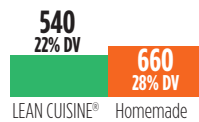
**LEAN CUISINE® Spaghetti with Meat Sauce** (Pasta, meat sauce, mushrooms, basil)

Typical Homemade Spaghetti with Meat Sauce (Spaghetti with tomato sauce and meatballs or spaghetti with meat sauce, or spaghetti with meat sauce and meatballs)

Daily Value  
Based on a 2000 calorie diet

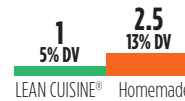
### SODIUM (mg)

Daily Value  
**2400**



### SATURATED FAT (g)

Daily Value  
**20**



### CALORIES



Swap frozen for homemade once a week and save 1560 calories a year!



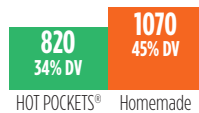
**HOT POCKETS® Ham & Cheese** (Ham and cheese with sauce in a crispy buttery seasoned crust)

Typical Homemade Ham and Cheese Sandwich (Lettuce, ham, cheese, mayonnaise)

Daily Value  
Based on a 2000 calorie diet

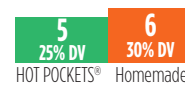
### SODIUM (mg)

Daily Value  
**2400**

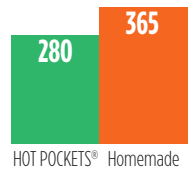


### SATURATED FAT (g)

Daily Value  
**20**



### CALORIES



Swap frozen for homemade once a week and save 3900 calories a year!



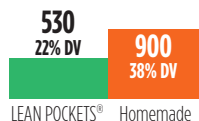
**LEAN POCKETS® Philly Steak and Cheese** (Beef steak, reduced fat mozzarella cheese, peppers, onions & sauce in a seasoned crust)

Typical Homemade Steak and Cheese Sandwich, plain on a roll

Daily Value  
Based on a 2000 calorie diet

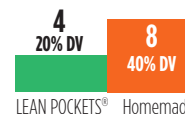
### SODIUM (mg)

Daily Value  
**2400**

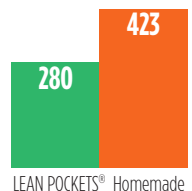


### SATURATED FAT (g)

Daily Value  
**20**



### CALORIES



Swap frozen for homemade once a week and save 7436 calories a year!