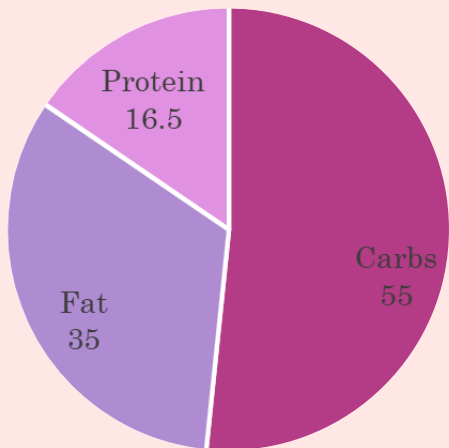


# Recommended Nutritional Value

According to the National Institutes of Health it is recommended that adults consume around 55% of Carbs, 35% of Fats, and 16.5% of Protein daily. These are known as macronutrients which impact our energy, metabolism, and health.

(Institute of Medicine of The National Academies, 2005) & (Espinosa-Salas & Gonzalez-Arias, 2023)

## Recommended Macronutrients (%)



### Carbs include:

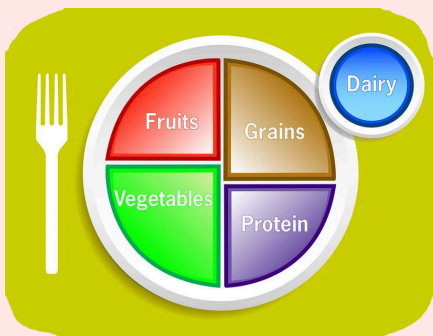
- Whole Grains
- Fruits & Veggies
- Beans
- Dairy

### Fats include:

- Oils
- Nuts
- Seeds
- Dairy

### Proteins include:

- Meat
- Eggs
- Beans
- Dairy



By using this guide you can create a well balanced meal that will help keep you nourished!

(US Food and Drug Administration, 2024)

# Visit us and Volunteer!

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info@livealoughloaves.com

Learn more about us!



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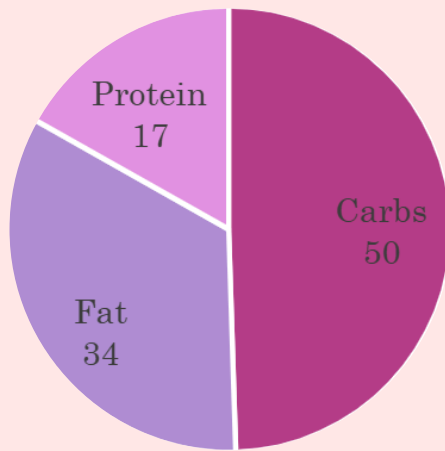
# Nutritional Value of Donations Distributed



XITALY ISIDORO

# Estimated Nutritional Value

Estimated Macronutrients Distributed (%)



Over the course of 4 weeks the Nutritional Value of the food distributed was estimated.

On average the food given out each week was designed to last a couple days and was about the same as the recommend nutritional value goals per the National Institutes of Health. Live Laugh Loaves MKE has done a nice job of making sure things are well balanced with the donations acquired.

# Ways to Make Food Go Further

Sometimes we need food to last longer or even provide an extra meal with leftovers here are a few ways to make food go further

## Add “Bulking” Items to Food

Rice  
Beans  
Whole Grain Pasta

## Use Leftovers to Make a New Meal

Using things like **tortillas** can help turn leftovers into:  
Tacos  
Wraps  
Quesadillas

If you get **bread** you can make a sandwich out of leftovers for a new meal!

## Ways to Make Food Last Longer

Freeze food close to sell by date will extend the time you have to use it

Control the moisture of fresh veggies (keep in dry places if possible)

(Ignite Healthwise, LLC Staff, 2025)



# Future Improvements

Live Laugh Loaves has done an excellent job offering people food with great nutrients. They are a volunteer and donation dependent nonprofit due to this it can be difficult providing people with a good source of nutrition. Despite this they have continued to do a good job providing people with the essential nutrients.

Here are a couple ideas Live Laugh Loaves MKE could implement to continue improving the nutrition of their community:



- Offering food based on macronutrients (Carbs, Fat, Protein) categories instead of categorizing by item
- If possible trying to have one source of protein a week to improve people's macros
- Trying to include a helpful tip for people to get ideas on what to do/cook with the food distributed.
- Try to have at least one source of veggies as they can be used to “bulk” food to make it go further!

(University of Wisconsin - Madison, 2018)

# VOLUNTEERS NEEDED