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STEALTH Trumps

The 24 STEALTH Trump cards are free to download. Teachers should laminate the cards and cut them out. There should be enough cards for two to three players. For more players, simply double the number of cards. A blank card can be found on the STEALTH website for teachers who want to include additional foods.

Instructions on how to play STEALTH Trumps can be found in the STEALTH Toolkit.

STEALTH Raw Oyster

Portion
1 cup

Calories
169



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Water: **85%** Calcium: **112mg**

Protein: **17g** Iron: **16.5mg**

Fat: **6g** Potassium: **387mg**

Carbohydrate: **10g** Sodium: **523mg**

Fibre: **0.0g** Vitamins: **IU 248**

STEALTH Sour Cream

Portion
1 cup

Calories
493



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Water: **71%** Calcium: **268mg**

Protein: **7g** Iron: **0.1mg**

Fat: **48g** Potassium: **332mg**

Carbohydrate: **10g** Sodium: **123mg**

Fibre: **0.0g** Vitamins: **IU 449**

STEALTH Chocolate Yoghurt

Portion
1 cup

Calories
230



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Water: **64%** Calcium: **212mg**

Protein: **6g** Iron: **1.8mg**

Fat: **8g** Potassium: **332mg**

Carbohydrate: **36g** Sodium: **142mg**

Fibre: **1.6g** Vitamins: **IU 230**

STEALTH Whole Milk

Portion
1 cup

Calories
150



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Water: **88%** Calcium: **291mg**

Protein: **8g** Iron: **0.1mg**

Fat: **8g** Potassium: **370mg**

Carbohydrate: **11g** Sodium: **120mg**

Fibre: **0.0g** Vitamins: **IU 307**

STEALTH Olive Oil

Portion
1 cup

Calories
1,909



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Water: **21%** Calcium: **0.0mg**

Protein: **0.0g** Iron: **0.8mg**

Fat: **216g** Potassium: **0.0mg**

Carbohydrate: **0.0g** Sodium: **0.0mg**

Fibre: **0.0g** Vitamins: **IU 0**

STEALTH Tuna Salad

Portion
1 cup

Calories
383



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Water: **63%** Calcium: **35mg**

Protein: **33g** Iron: **2.1mg**

Fat: **19g** Potassium: **365mg**

Carbohydrate: **19g** Sodium: **825mg**

Fibre: **0.0g** Vitamins: **IU 199**

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STEALTH

Roasted Chestnuts

Portion
1 cup

Calories
350



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Water: **40%** Calcium: **41mg**

Protein: **5g** Iron: **1.3mg**

Fat: **3g** Potassium: **847mg**

Carbohydrate: **76g** Sodium: **3mg**

Fibre: **7.3g** Vitamins: **IU 34**

STEALTH

Soy Milk

Portion
1 cup

Calories
81



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Water: **93%** Calcium: **10mg**

Protein: **7g** Iron: **1.4mg**

Fat: **5g** Potassium: **345mg**

Carbohydrate: **4g** Sodium: **29mg**

Fibre: **3.2g** Vitamins: **IU 78**

STEALTH

Chili con Carne

Portion
1 cup

Calories
255



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Water: **74%** Calcium: **67mg**

Protein: **20g** Iron: **3.3mg**

Fat: **8g** Potassium: **67mg**

Carbohydrate: **24g** Sodium: **1,032mg**

Fibre: **8.2g** Vitamins: **IU 884**

STEALTH

Pasta + Meatballs

Portion
1 cup

Calories
260



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Water: **78%** Calcium: **28mg**

Protein: **11g** Iron: **2.3mg**

Fat: **10g** Potassium: **461mg**

Carbohydrate: **31g** Sodium: **1,53mg**

Fibre: **6.8g** Vitamins: **IU 920**

STEALTH

Tomato Soup

Portion
1 cup

Calories
161



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Water: **85%** Calcium: **159mg**

Protein: **6g** Iron: **1.8mg**

Fat: **6g** Potassium: **449mg**

Carbohydrate: **22g** Sodium: **744mg**

Fibre: **2.7g** Vitamins: **IU 848**

STEALTH

Chicken + Rice

Portion
1 cup

Calories
116



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Water: **88%** Calcium: **22mg**

Protein: **7g** Iron: **1.0mg**

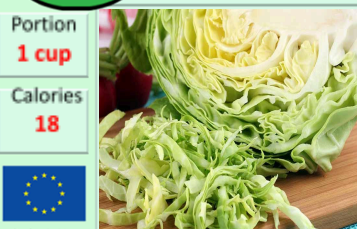
Fat: **3g** Potassium: **422mg**

Carbohydrate: **14g** Sodium: **482mg**

Fibre: **0.7g** Vitamins: **IU 1,010**

STEALTH

Raw Cabbage



Portion
1 cup

Calories
18



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Water: **92%** Calcium: **33mg**

Protein: **1g** Iron: **0.4mg**

Fat: **1.6g** Potassium: **172mg**

Carbohydrate: **4g** Sodium: **13mg**

Fibre: **1.6g** Vitamins: **IU 93**

STEALTH

Grated Carrot



Portion
1 cup

Calories
47



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Water: **88%** Calcium: **30mg**

Protein: **1g** Iron: **0.6mg**

Fat: **0.0g** Potassium: **355mg**

Carbohydrate: **11g** Sodium: **39mg**

Fibre: **3.3g** Vitamins: **IU 30.942**

STEALTH

Coleslaw



Portion
1 cup

Calories
83



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Water: **82%** Calcium: **54mg**

Protein: **2g** Iron: **0.7mg**

Fat: **3g** Potassium: **217mg**

Carbohydrate: **15g** Sodium: **28mg**

Fibre: **1.8g** Vitamins: **IU 762**

STEALTH

Potato Salad



Portion
1 cup

Calories
358



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Water: **76%** Calcium: **48mg**

Protein: **7g** Iron: **1.6mg**

Fat: **21g** Potassium: **635mg**

Carbohydrate: **28g** Sodium: **1,323mg**

Fibre: **3.3g** Vitamins: **IU 523**

STEALTH

Spinach Raw



Portion
1 cup

Calories
7



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Water: **92%** Calcium: **30mg**

Protein: **1g** Iron: **0.8mg**

Fat: **0.0g** Potassium: **167mg**

Carbohydrate: **1g** Sodium: **24mg**

Fibre: **0.8g** Vitamins: **IU 2,015**

STEALTH

Mushrooms Raw



Portion
1 cup

Calories
18



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Water: **92%** Calcium: **4mg**

Protein: **2g** Iron: **0.7mg**

Fat: **0.0g** Potassium: **259mg**

Carbohydrate: **3g** Sodium: **3mg**

Fibre: **0.8g** Vitamins: **IU 0**

STEALTH

Sliced Banana

Portion
1 cup

Calories
138



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Water: **74%**

Calcium: **9mg**

Protein: **2g**

Iron: **0.5mg**

Fat: **1g**

Potassium:
594mg

Carbohydrate: **35g**

Sodium: **2mg**

Fibre: **3.6g**

Vitamins: **IU 122**

STEALTH

Melon Cubes

Portion
1 cup

Calories
56



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Water: **90%**

Calcium: **18mg**

Protein: **1g**

Iron: **0.3mg**

Fat: **0.0g**

Potassium: **494mg**

Carbohydrate: **13g**

Sodium: **14mg**

Fibre: **1.3g**

Vitamins: **IU 5,158**

STEALTH

Raw Orange Juice

Portion
1 cup

Calories
112



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Water: **88%**

Calcium: **27mg**

Protein: **2g**

Iron: **0.5mg**

Fat: **0.0g**

Carbohydrate: **26g**

Sodium: **2mg**

Fibre: **0.5g**

Vitamins: **IU 496**

STEALTH

Bread Crumbs

Portion
1 cup

Calories
427



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Water: **6%**

Calcium: **245mg**

Protein: **14g**

Iron: **6.6mg**

Fat: **6g**

Potassium: **239mg**

Carbohydrate: **78g**

Sodium: **932mg**

Fibre: **2.6g**

Vitamins: **IU 0.0**

STEALTH

Oatmeal

Portion
1 cup

Calories
145



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Water: **85%**

Calcium: **19mg**

Protein: **6g**

Iron: **1.6mg**

Fat: **2g**

Potassium: **131mg**

Carbohydrate: **25g**

Sodium: **2mg**

Fibre: **4.0g**

Vitamins: **IU 37**

STEALTH

Cheerios

Portion
1 cup

Calories
112



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Water: **3%**

Calcium: **55mg**

Protein: **3g**

Iron: **8.1mg**

Fat: **2g**

Potassium: **89mg**

Carbohydrate: **23g**

Sodium: **284mg**

Fibre: **2.6g**

Vitamins: **IU 1,250**