

[For details, see Jan/Feb 2017 issue of Food for Life Report.]

## PRODUCT (nutritionally highest-rated and lowest-rated products only)

	LOWEST PRICE + TAXES PER STATED SERVING	HIGHEST PRICE+TAXES PER STATED SERVING	OVERALL NUTRITION SCORE (based on ingredients, sugar, fibre, cals per stated serving)	SERVING SIZE (GRAMS)	NET WEIGHT OF PKG (G)
PC Blue Menu Italian Lasagna	\$3.49		7	320	320
<b>COOKBOOK</b> (per stated serving): LooneyspoonsRoasted Vegetable Lasanga w/ 4 Kinds of Cheese	\$3.28	\$6.93	6	---	n/a
PC Blue Menu Roasted Vegetable Lasagna	\$3.49		6	300	300
WeightWatchers Smart Ones Lasagna Florentine	\$3.59		6	297	297
Amy's Light and Lean Spinach Lasagna	\$6.49		5	227	227
Compliments Balance, Roasted Vegetable Lasagna	\$1.20		5	227	1,130
<b>RESTAURANT</b> (as served): Pizza Pizza Meat Lasagna	\$9.03	\$9.19	5	238	n/a
<b>COOKBOOK</b> (per stated serving): "Looneyspoons" Three-Cheese Vegetable Lasagna	\$2.92	\$6.68	4	---	---
<b>COOKBOOK</b> (per stated serving): Heart & Stroke Fdn "Heart Smart Cooking" Crazy Lasagna	\$2.99	\$8.85	4	---	---
<b>COOKBOOK</b> (per stated serving): Jamie Oliver "Everyday Superfood" Squash Lasagna	\$2.27	\$4.06	4	---	---
Compliments Vegetable Lasagna	\$1.75		3	250	1,000
Co-Op Gold d'Or Meat Sauce Lasagna	\$2.50		3	284	284
Udi's Broccoli and Kale Lasagna	\$6.99		-10	227	227
PC Dine-In Tonight Meat Lasagna Topped w/ Creamy Bechamel Sauce	\$2.50		-13	252	1,510
PC Seafood Lasagna	\$3.00		-14	283	1,130
<b>RESTAURANT</b> (as served): Boston Pizza Lasagna	\$13.60	\$15.49	-15	629	---
<b>COOKBOOK</b> (per 1/7th serving): Michael Smith's "Real Food, Real Food" Zucchini Chia Lasagna	\$9.70	\$18.83	-19	---	---
<b>RESTAURANT</b> (as served): Old Spaghetti Factory Lasagna	\$19.16	\$20.62	-32	655	---