



**EAT RIGHT.  
JOIN THE  
FIGHT  
AGAINST  
OBESITY!**



# EAT HEALTHY

## GRAINS

Eat 6 ounces everyday! 3 of those ounces should be whole grain.

## DAIRY

Have more fat-free or low-fat dairy products. If you're lactose intolerant, eat dark green vegetables for calcium!

## VEGETABLES

Eat more dark green vegetables, like kale or broccoli. These contain glucosinolates which can combat cancer! Always consume 2 and a 1/2 cups everyday.

## FRUIT

Can be consumed fresh, frozen, blended, however you want. Although, fresh fruit is always best. Always consume 1-2 cups everyday.

## PROTEIN

Always consume white meat more than other colors. This is the most lean and will provide the most protein while keeping fats minimal.

## FATS

Avoid "solid" fats like butter and oil. Consuming an excess amount of these can lead to developing an excessive amount of fat. Keep saturated fats and sodiums to a minimum!



# A Healthy Habit: Read Food Labels

Scan the Nutrition Facts panel on packages to evaluate what's inside and compare the nutrient value of foods.

## Start Here

Serving Size is the amount of food the nutrient information is based on. Calories is the amount of "energy" in that serving. Adjust the amount of calories and nutrients if your serving size is different.

## Nutrition Facts

Serving Size: 6 crackers (28g)  
Servings Per Container: About 13

### Amount Per Serving

**Calories** 120      **Calories from Fat** 40

### % Daily Value\*

**Total Fat** 4.5g      **7%**

Saturated Fat 0.5g      **4%**

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 1.5g

**Cholesterol** 0mg      **0%**

**Sodium** 180mg      **7%**

**Total Carbohydrate** 19g      **6%**

Dietary Fiber 3g      **13%**

Sugars 0g

**Protein** 3g

**Vitamin A** 0%      **Vitamin C** 0%

**Calcium** 0%      **Iron** 8%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

If food gets a lot of its calories from fat, eat sparingly. Total fat intake should be no more than 30% of total calories.

Percentages show whether the nutrients in one serving contribute a lot or a little to your total daily intake—5% or less is "a little" and 20% or more is "a lot."

## Limit These

Too much fat, cholesterol and sodium contribute to health problems (refer to "less than" recommendations in footnotes).

## Get More of These

Carbohydrates should be 55-60%+ of total daily calories.

Get more natural than added sugars (check ingredients).

"Get enough" of nutrients beneficial to good health, such as vitamins A and C, minerals calcium and iron, and fiber.

## Footnotes

Not specific to the food, and not required on label.

The amount of each nutrient recommended daily.

The amount of calories in fat, carbohydrate and protein (fat has more than double).

Limit all types of fat, especially saturated and trans fat which are linked to health problems.

Most of the fat you eat should be unsaturated.

In general, the greater the difference between "total carbohydrate" and "sugars," the more nutritious the carbohydrate.

Most people should get 50-75 grams of protein daily.

Percent Daily Values are based on eating 2,000 calories a day.

Active teens may need more. Most children, women and older adults need less.

2,500 calorie diets for more active teens and adults.

Manufacturers are not required to show nutrition information on packages with less than 12 square inches available for labeling. However, they must print an address or phone number so you can obtain the information.