

## March is National Nutrition Month

Most of us have a general idea of what we *should* be eating — more fresh fruit and vegetables and less processed food, along with limiting sweets and fast food. The problem is, for many of us, these guidelines are difficult to meet. Whether the issue is cost, convenience, access, taste or a combination of them all, eating what we *should* eat can be difficult. One small step toward healthier habits is to start reading nutrition labels.

### LOOK AT THE SERVING SIZE

This is often manipulated by manufacturers to try and make a food look healthier or lower in calories than it really is. One serving is NOT the same as one package. When possible, measure your food and stick with one serving in a sitting.

### KEEP AN EYE ON SATURATED FAT

This is the “unhealthy” type of fat, and excess intake can raise your risk for high cholesterol and heart disease.

# Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

**% Daily Value\***

**Total Fat** 8g **10%**

**Saturated Fat** 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 240mg **6%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### LOOK AT THE TOTAL CALORIES

In a nutritional sense, all types of food provide calories, which give us the energy we need to live and function. Too many, however, can lead to excess weight gain if the energy they provide is not needed. The average adult needs approximately 2,000-2,500 calories per day.

### CHECK FOR EXCESSIVE ADDED SUGARS

These substances add calories but provide no essential nutritional value. They may appear with a variety of names, including brown sugar, cane juice, corn syrup, dextrose, fructose, fruit nectars, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, maple syrup, molasses, raw sugar and sucrose.