



Healthy Eating

Health and Wellness

Tip of the Week
Week 11
March 16, 2020

Our Mission is to promote health awareness and encourage healthy lifestyles.

Knowing How To Look At Labels Is Key

Did you know the labels on food can help you eat more balanced meals each day? Check nutrition facts first:

- Check serving size and number of servings. Note how many servings you actually eat.
- See how many calories are in a serving and how many of those are fat.
- Look for healthy nutrients such as potassium, iron, calcium and vitamins A and C. You should be sure to add these often in your food plan.
- Compare calories and nutrients between brands to make a healthier food choice.

Source: U.S. Food and Drug Administration

City of Mission
Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us