

# Mission In Motion

## Health & Wellness Weekly Bulletin

March 2012—Nutrition



March 19, 2012—Week 4

### Check the facts before you snack



For a healthier you, use the *Nutrition Facts* label on packaged foods to make smart food choices quickly and easily. Try these tips:

- Keep these low: saturated fats, trans fats, cholesterol and sodium.
- Get enough of these: potassium, fiber, vitamins A and C, calcium and iron.
- Use the percent daily value (PDV) column when possible: five percent or less is low, 20 PDV or more is high.
- Check servings and calories: Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you must double the calories and nutrients, including the PDVs.

Source: U.S. Department of Agriculture



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