

Health & Wellness

Tip of the Week

March is all about focusing on **nutrition**. It is the perfect time to remind you about the importance of making healthy choices and eating right.

Week 12

March 21, 2016

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 really 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



Human Resources
1201 E. 8th Street
Mission, Texas 78572