

## **For Good Nutrition**

### ***Read the Label!***

Become a smarter shopper and healthier eater by carefully reading food labels.

- Check the serving size. Compare the size to what you put on your plate. If your plate has twice as much, you have to double the calories, fat and nutrients.
- Check the ingredients. Those listed first are the ones in the largest amounts. Remember, the closer to the “farm-given” name, the healthier!
- Look for foods that are good sources of fiber, calcium, iron and Vitamin C.
- Compare similar foods to find out which one is lower in fat and calories.
- Search for low-sodium foods.
- Look for foods that are low in saturated fat and trans fats.