

## Know What You Eat

Make informed decisions about what to eat. Examine nutrition labels on foods products. Six nutrients needed for health are: proteins, carbohydrates, fats, vitamins, minerals and water.

Look at serving size and the number of servings in the package. You may have to double or triple the values listed beside each nutrient if you eat more than one serving.

<b>Nutrition Facts</b>	
Serving Size	1 cup (228g)
Servings Per Container	2

Calories from fat should not exceed 30% of the total calories.

<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110

Limit fats and carbohydrates. One gram of fat has 9 calories. One gram of carbohydrate has 4 calories. Your body makes its own fat from *excess calories* (those not expended by exercise). The better fats/oils to consume are *mono or poly-unsaturated*.

	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>

Make sure to get enough Vitamin A, C, and Iron. Dietary fiber is important to bowel health. Sugars should be limited. Protein sources should be lean meat, beans, nuts, and dairy products. Calcium is important for bone health.

Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

This footnote details the quantity of daily values (DV's) an adult should be consuming in one day.

Note: Sodium should be limited to 2,400mg or less.

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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## God Does it Right!!



Foods that are the *closest to how God made them* are the healthiest. Consider planting a porch container garden to grow vegetables.

Choose a rainbow of colors to eat at meals.

Fresh vegetables and fruits are best for your body. Produce prepared frozen is the next best. Commercially canned products retain the least nutrients. Try new vegetables and fruits to expand your taste buds.



## Ingredients/Items to Leave on the Store Shelf!

- High fructose corn syrup,
- Partially hydrogenated oils
- Trans fats
- Highly-processed (boxed or frozen) foods
- “Fruit” drinks with no *real* fruit juice
- Calories with no nutrients
- Nitrate preserved meats
- Lengthy lists of ingredients
- “Enriched” flour when you can eat “*whole*” grain

Taken from:

[www.FDA.gov/Food/ResourcesforYou/consumers/NFLPM/default.htm](http://www.FDA.gov/Food/ResourcesforYou/consumers/NFLPM/default.htm)

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