



Brought to you by the Holy Family Health Ministry

March is National Nutrition Month

Make Every Bite Count!

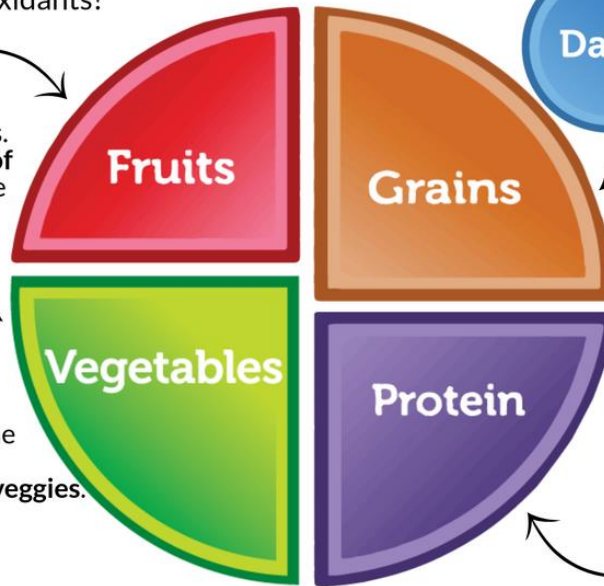
Using MyPlate, create a healthy eating routine to benefit your health now and in the future.

MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit: Eat fruits of all colors. Go for fruit instead of juice, which has more fiber and fewer calories.

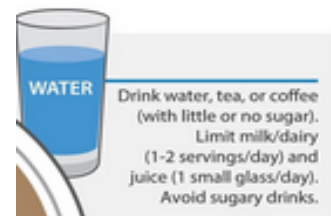
Vegetables: The more colors and types that you eat, the better! Aim to get mostly non-starchy veggies.



Dairy: 3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains: Eat mostly whole grains. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more fiber, iron, and B vitamins.

Protein: A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.



More often, look for packaged foods that are:



Higher in dietary fiber, vitamin D, calcium, and potassium.



Lower in saturated fat, sodium, and added sugars.



Get More of These Nutrients: Dietary Fiber, Vitamin D, Calcium, and Potassium





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Make informed food choices with the U.S. Food and Drug Administration's Nutrition Facts label! The Nutrition Facts label makes it easier for you to make informed food choices. Calories, nutrient information, serving sizes, and more can be found on food and beverage packages.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 1 The serving size appears in large, bold font and some serving sizes were updated.
- 2 Calories are displayed in large, bold font.
- 3 Daily Values were updated.
- 4 Added sugars, vitamin D, and potassium are required on the label. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

The Nutrition Facts label makes it easier for you to make informed food choices that contribute to lifelong healthy eating habits. Using the Nutrition Facts label together with MyPlate can help you be healthier now and in the future. After all, what you eat and drink over time matters!

God also said: See, I give you every seed-bearing plant on all the earth and every tree that has seed-bearing fruit on it to be your food; and to all the wild animals, all the birds of the air, and all the living creatures that crawl on the earth, I give all the green plants for food. Genesis 1:29-30

