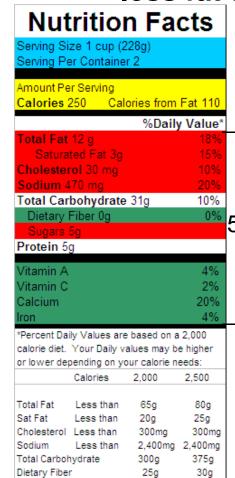
Living Well Tip of the Week

People who read food labels consume less fat than those who don't (National Cancer Institute)



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Understanding Food Labels

- Serving Size: Pay attention to the serving size, including how many servings there are in the food package.
- Calories & calories from fat: Eating too many calories per day is linked to overweight and obesity.
- **3. Limit these nutrients:** Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases.
- 4. Get enough of these: Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, & iron in their diets.
- **5.** Quick guide to percent of daily value: 5% or less is Low, 20% or more is high.

For more information on food labels visit the nutrition center on our Living Well Health Manager powered by WebMD at www.webmdhealth/ut and select "Living Healthy"