

Celebrating 50 Years of National Nutrition Month!

National Nutrition Month® is an annual campaign from the Academy of Nutrition and Dietetics. March invites everyone to learn about making informed food choices and developing healthful eating and physical activity habits.

Sample Label for Frozen Lasagna

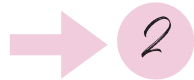
Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34 mg	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15mg	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
<small>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.</small>	

Understanding the Label



1

Pay attention to serving size, especially how many servings there are in the food package. You might ask yourself if you are consuming ½ serving, 1 serving, or more.



2

Did you realize that if you consume the entire package of lasagna that you would actually be consuming 1,120 calories!?



3

Nutrients to get less of are saturated fats, sodium, and added sugars.

Nutrients to get more of are dietary fibers, Vitamin D, Calcium, Iron, and Potassium.



4

5% DV or less of a nutrient per serving is considered **low**.
20% DV or more of a nutrient per serving is considered **high**.

Credit : fda.gov

WEEKLY MESSAGES FOR MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week One:	1 2 3 4 Eat with the environment in mind- Consider color, variety, freshness, and plant-based options.					
Week Two:	5 6 7 8 9 10 11 See a registered dietician- Ashley Grazilla is seeing patients in all Highland Health Providers offices throughout Highland County. Ask your provider for a referral!					
Week Three:	12 13 14 15 16 17 18 Stay nourished and save money- Plan your meals ahead of time and use a grocery list when shopping to keep you on task and budget.					
Week Four:	19 20 21 22 23 24 25 Eat a variety of food from all food groups- Practice gratitude for your body by giving it the fuel it needs.					
Week Five:	26 27 28 29 30 31 Make tasty foods at home- Try new flavors and foods from around the world.					

Credit: eatright.org

