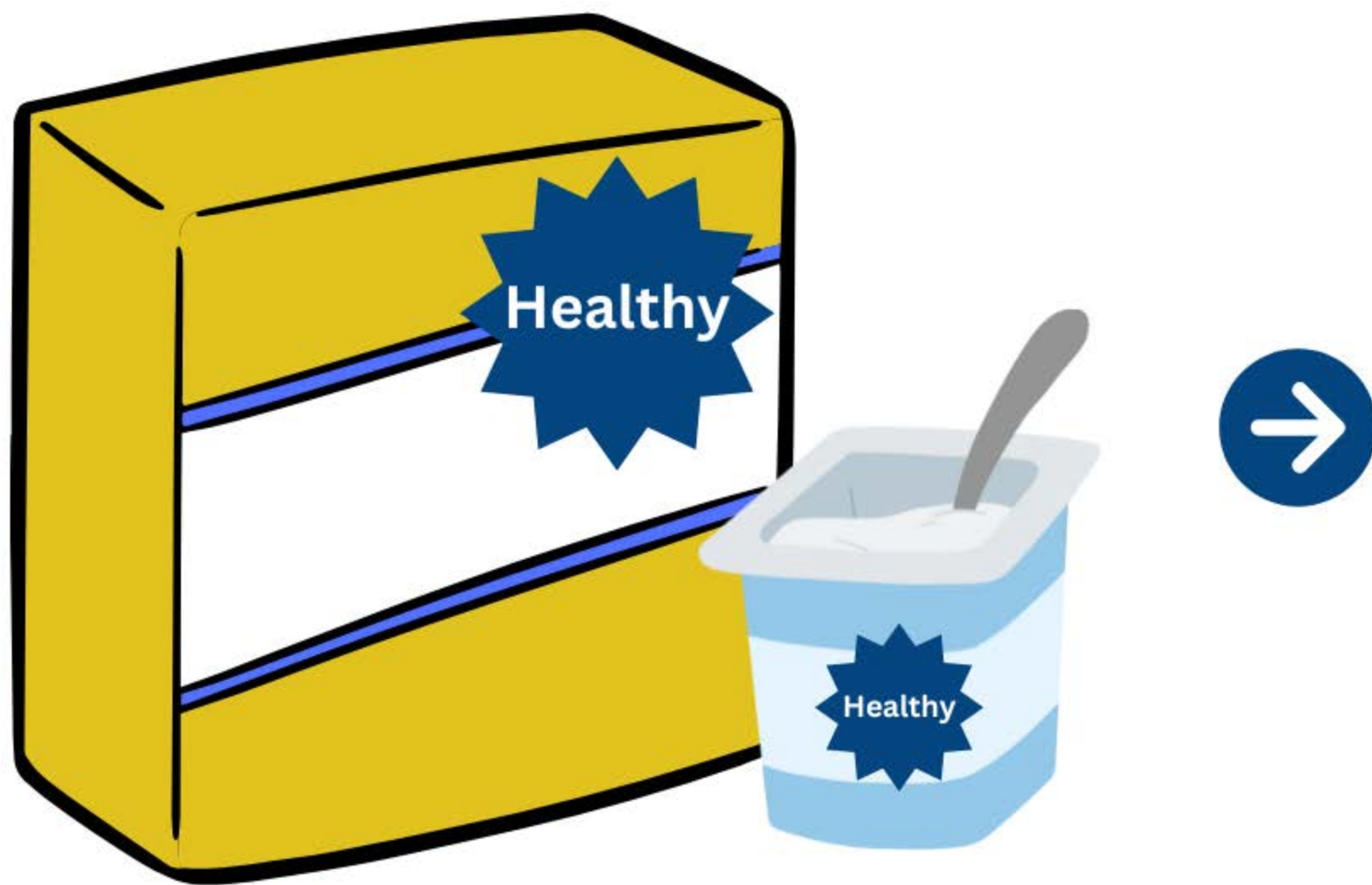


New “Healthy” Food Labels: Big Picture Takeaways



Center for Community Health & Prevention



Big Picture: Establish a Balanced Eating Pattern



Fiber is Key. According to the USDA, women should get 25-30 g of fiber/day. Men should get 35-40 g/day. The amount also depends on age.

Adding fruits, veggies, nuts, seeds, beans, and whole grains to your eating pattern helps increase fiber.



Limit Saturated Fats. Scale back on food high in saturated fats and look for items with more unsaturated fats.

You'll find unsaturated fats in olive oil, avocado oil, nuts, seeds, and salmon.



Big Picture: Establish a Balanced Eating Pattern



Pack on the Protein. Include protein with every meal, and in your snacks.

Products such as meat, seafood, and dairy are great options. Plant-based options like nuts, tofu, seeds, and beans are also high in protein!



Watch for Sodium. Help control your sodium intake by decreasing the amount of packaged/processed food you buy and increasing fresh food.



Limit Added Sugars. Replace sugary drinks and food with fresh fruit and options with natural sugar.

