Food Label Example

1 Look at the serving size (1 oz.)

2 Look at the servings per container

Nutrition Facts
Serving Size1 oz (28g/About 21 Pieces)
Servings Per Container 3

Amount Per Serving	
Calories	170
Calories from Fat	100
	% Daily Value
Total Fat 11g	17%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
Vitamin E	0%
Thiamin	0%
Riboflavin	0%
Niacin	0%

*Percent daily value is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

- The concern about overweight is about health, NOT appearance.
- Just as you don't judge people by their skin color, don't judge people by their body shape. It's about respect.
- If you are overweight, make a promise to stop gaining.

Carl R. Darnall
Army Medical Center
Public Affairs & Marketing Office
FH MDA HO186
01 JAN 2007

5 Healthy Resolutions for the NEW YEAR

5 Easy Healthy Resolutions

1 Buy A Pedometer

- **Investment:**
  $12 buys a high quality pedometer.
- **What it does** - monitors your physical activity throughout the day and helps manage body weight.
- **Use** - Wear it daily on your waistband to count the number of steps you take each day.
- **Benefit** - Increase the calories you burn off daily by gradually increasing the number of steps taken.
- **Advantage** - Great for people who don't have the time, desire, or ability to exercise on a daily basis.
- **Note** - A high quality pedometer has a cover to prevent accidental resets and a replaceable battery.
- **Note** - Sources for high quality pedometers include:
  - Accusplit.com
  - Digiwalker.com
  - Walk4life.com

- **NOTE**: It must remain upright on your waist. Try wearing it on the back of your waistband if it will not stay upright on the front of your waistband.

2 Reduce Time Spent Watching TV or Other Sedentary Activities

- **Add up** the number of hours you and your family spend on sedentary activities.
- **Set** a reasonable goal to reduce the total number of hours.
- **Suggestions:**
  - Take a walk after dinner
  - Push a stroller for 30 minutes
  - Play tag with your kids
  - Go dancing
  - Play basketball
  - Wash windows and floors
  - Do indoor exercises
  - Rake leaves for 30 minutes
  - Pull the weeds in your garden

- **NOTE**: Abrams Gym has a 24-hour outdoor fenced track, basketball, and volleyball courts.

3 Jump Start Your Metabolism

- Eat a quick breakfast which includes a piece of fruit with your cereal or toast in the morning.
- Eat a lunch that includes a side-salad and fruit. French Fries aren't a vegetable!
- Eat a healthy afternoon snack. It prevents binging when you get home in the late afternoon and evenings and keeps your energy up to get through the day.

4 Decrease Fast Food, But When You Do Choose It…..

- Don't 'Super/King-size.'
- King/Super-size fries = ~ 600 calories.
- Small size = ~ 230.
- Savings - 370 calories!
- Drink a calorie free beverage.
- One large soda = ~ 430 calories.
- A 20-oz. soda/sweet tea/juice/ fruit drinks, etc. or a 1-quart bottle of sports drinks = ~ 250 calories.
- Drink a zero-calories beverage instead and save 250 - 430 calories!
- Buy a side-salad with your meal (yes, really)
- The crunchy texture and low-kcal volume will increase your sense of fullness and satisfaction.
- Choose a low-calories dressing or decrease the amount of regular dressing.

5 Learn To Read A Food Label

- Look at the calories on the label...AND multiply by the number of servings per container to find the total calories per package.

Look at the example food label on the backside of this brochure:

1. Servings per container = 3
2. Calories listed = 170
3. Multiply '3' by '170'
4. Total calories per package = 510
5. If you want to count your carbs or fat use the same method.

What was the food?
Answer: 3 oz. bag of "Cheetos".®