Read up for health

Knowing how to look at food labels is key

Did you know the labels on food can help you eat more balanced meals each day? Check nutrition facts before you choose a food for your family:

- Check serving size and number of servings. Note how many servings you really eat.
- See how many calories are in a serving and how many of those are fat.
- Look for healthy nutrients such as potassium, iron, calcium and vitamins A and C. You should be sure to add these often in your food plan.
- Compare calories and nutrients between brands to make a healthier food choice.
- Choose foods that are low in saturated fat, cholesterol, trans fat and salt.
- Limit sugary foods. Added sugar shouldn’t be high on the ingredient list.
- Look for whole grains to be first in the ingredient list.
- Find lean, low-fat or fat-free protein foods.

Understanding daily values

The Percent Daily Value (% DV) on the label helps you know how nutrients in a serving of food add to your daily diet:

- DV of 5 percent or less means the nutrient is low.
- DV of 20 percent or more means it’s high.
- Remember, the DV percent is based on a 2,000-calorie food plan, which may be more than you should be eating.

Source: U.S. Food and Drug Administration

Nutrition Facts

2 servings per container
Serving size 1 1/2 cup (208g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 240</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 4g</td>
<td>% Daily Value* 5%</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>2%</td>
</tr>
<tr>
<td>Cholesterol 5mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium 430mg</td>
<td>19%</td>
</tr>
<tr>
<td>Total Carbohydrate 46g</td>
<td>17%</td>
</tr>
<tr>
<td>Dietary Fiber 7g</td>
<td>25%</td>
</tr>
<tr>
<td>Total Sugars 4g</td>
<td>Includes 2g Added Sugars 4%</td>
</tr>
<tr>
<td>Protein 11g</td>
<td></td>
</tr>
<tr>
<td>Vitamin D 2mcg</td>
<td>10%</td>
</tr>
<tr>
<td>Calcium 260mg</td>
<td>20%</td>
</tr>
<tr>
<td>Iron 6mg</td>
<td>35%</td>
</tr>
<tr>
<td>Potassium 240mg</td>
<td>6%</td>
</tr>
</tbody>
</table>

* 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.
Get smart about portion control

Take control of how much you eat

Serving sizes keep growing and that can mean our waist lines do too. Studies show that people will eat more without knowing it when they are met with larger portions. Keep in mind that how much you eat is as important as what you eat.

Try these pointers:

• Keep serving dishes off the table.
• Serve meals and snacks on smaller dishes.
• Choose a single serving snack rather than snacking from the whole package.
• Store tempting foods out of easy reach.

Pick smaller servings and make big changes for your health.

Little things mean a lot: Split large package contents into smaller containers to help avoid overeating.

Source: Centers for Disease Control and Prevention

Smart eating on the go

Make time for nutrition

Eating healthy can be tricky when dining out or hurrying to grab food on the run. Sometimes we don’t make the best nutrition choices when eating away from home.

Take these smart steps when making on-the-go choices:

• Order sandwiches with whole-wheat bread.
• Choose main dishes with vegetables.
• Order water, fat-free or low-fat milk or other drinks without added sugars.
• Avoid fried or sautéed foods.
• Have a serving of fruit for dessert.
• Skip large portions and order small or medium ones.
• Order from the menu instead of all-you-can-eat buffets.
• Share a dish with a friend or eat half and take the other half home.

When you eat on the go, remember to give healthy choices a go, too.

Source: Centers for Disease Control and Prevention

Bouncing back: the right mindset for setbacks

Tips to help you get the best care

Resilience is not a trait that people are born with. It’s something that can be learned. Resilience means you bounce back and adjust to challenging events, suffering, pain or stress.

Research shows that having loving and trusting relationships is the most useful thing you can do to build your bounce. Other ways include:

• Accepting that change is a part of living and taking a longer view
• Working on realistic goals
• Acting on situations rather than hoping they’ll go away

• Looking for opportunities for self-discovery
• Being positive and hopeful
• Taking care of yourself

The road to resilience is like taking a trip down a challenging river. You plan first. Then you use past experiences and the help of trusted companions to guide you. Sometimes you take a break and rest, but to get to the end, you get back in the raft and continue the journey.

Build your skill to bounce back by figuring out the sources of your personal strength. Use that knowledge to find strategies that will work for you.

Source: American Psychological Association