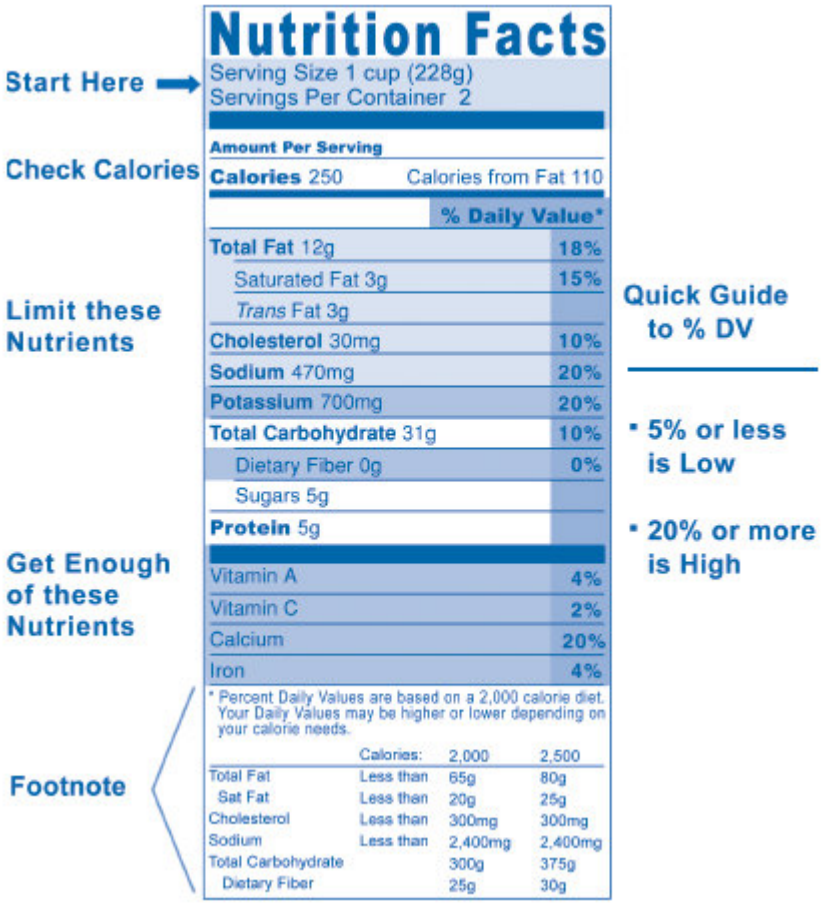
The Right Choice... for a Healthier You!™

March 2008

March is National Nutrition Month
2008 Celebrates Nutrition: It's a Matter of Fact

You can help yourself, and your family, eat better and balance your energy by learning to choose lower calorie and lower fat alternatives to some of your favorite foods. Use the Nutrition Facts label to make smarter food choices.



Using the label as a guide, try these tips:

Keep these low – saturated fats, trans fats, cholesterol and sodium
Get enough of these – potassium, fiber, vitamins A and C, calcium and iron
Use the % Daily Value (DV) column when possible. 5% DV or less is low, 20% DV or more is high

Vending and Food Service provide many smarter food choices! Just get the FACTS!

Nutritional Information Provided By
Carmen Gorniak, RD CD
Vend Marketing Institute
Dietitian@vendmi.com