Find this picture of Baby Yoda hidden here at school and win an Amazon Gift Card – Bring picture to room 163. Picture not in offices, lockers, outside, locker rooms, gym, or classrooms.

Reading Food Labels – 10 Quick Tips

*Check the serving size.* All nutrition facts on the label are based on one serving size. *Pay attention to the calories.* Everyone has different caloric needs. Knowing the calories per serving size can help you control portion size. *Check the Percent Daily Value (%DV)* The %DV will tell you if there is a little or a lot of certain nutrient per serving. A DV of 5% or less is low. A DV of 20% or more is high. *Limit sodium* Too much sodium (salt) in your diet can cause high blood pressure. For most people, it is best to aim for 1,500 mg or less per day (about 2/3 teaspoon). *Look for vitamins and minerals.* Many people do not get the recommended amounts of vitamin D, calcium, iron and potassium in their daily diet. When possible, choose foods with higher amounts of these nutrients. *Know the fats.* The total fat number includes all types of fat; saturated, trans, or unsaturated fat. Limit trans and saturated fats. *Limit cholesterol.* A diet high in cholesterol raises our risk of heart disease. Limit cholesterol to less than 300 mg per day. *Find the fiber.* High fiber foods help your digestive tract work well. *Limit added sugars.* The label lists both naturally occurring sugars like milk, fruit, vegetables, and others. *Check protein.* Choose foods that are lean or low fat.

Journeyworks #5647

**Trying to quit VAPING?** Text “VTVAPEFREE” to 88709 and get free advice, tips, and inspiration for quitting!

Peer support group for those quitting vaping/trying to; room 163 for more information. Confidential.

“Sometimes you will never know the VALUE OF A MOMENT, until it becomes a MEMORY.” Dr. Seuss

Upcoming holidays; Feb 17-21; Best Thursday - Feb 13; *PS I Love You Day* - Feb 14 – Wear your purple!