

Nutrition FUNdamentals

Mastering the label lingo

Week 4



Employee Guide

With all the fad diets and media confusion about what we should and shouldn't eat, food labels can provide you with a trusted, easy guideline for everyday healthy eating. Make it a habit to keep reading food labels. When you do, you can equip yourself with nutrition planning skills that you can use throughout your lifetime.

This week in **Nutrition FUNdamentals**, you will continue to learn about other parts of the Nutrition Facts label: total fat, cholesterol and sodium, protein, and carbohydrates.

Week 4 handouts

Mastering the label lingo: Total fat – Learn how to find the total fat in foods you eat.

Mastering the label lingo: Carbohydrates – Track your carb intake.

Mastering the label lingo: Protein – Get the meaty facts about protein.

Mastering the label lingo: Cholesterol and sodium – Look for cholesterol and sodium in food.



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Getting started



Review the Week 4 handouts

The handouts for this week provide you with information about the remaining parts of the food label. When you put all of your new knowledge together, it adds up to choosing the right combination of nutrients so your body can work properly.

Assess your dietary habits

Identify how you've used the Nutrition Facts label to make food choices that were different from what you would have made before you began this program.

Browse Blue Access® for Members

Check out the Personal Health Manager's *Eat Right* feature where you can use food labels to help build weekly personalized menus.

Open your eyes to healthier food options

Read food labels as you shop and pay attention to the different nutrients listed on them. Find alternatives to foods you've chosen in the past.

Give yourself a big pat on the back—now you can practically read food labels with your eyes closed! But keep them open for next week when **Nutrition FUNdamentals** will help you learn about foods to limit for nutrition success.