

Wellness Workshop

Nutrition & Reading Food Labels

THURS. OCTOBER 3, 2024
12:00 PM to 1:00 PM

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

* 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.

Join ORS, Wellness@NIH and Kaiser Permanente for a live webinar during NIH's Work and Family Month. Learn how to read the nutrition facts label, to compare products & make healthier food choices for your whole family. [Register](#) and join the webinar!

Presented By:

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