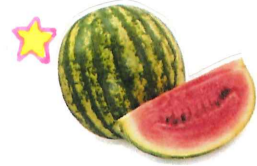


My Good Eating Habits



Good Choices

Bad Choices

<http://GodsWayToHealth.wordpress.com>

Limit these nutrients

Get enough of these nutrients

Nutrition facts

Serving size 1 cup (9 oz - 255g)
Servings per container 2

Amount per serving	Calories from fat 220	% Daily Value*
Calories 485		
Total fat 1 oz - 28 g		32%
Saturated fat 0.5 oz - 14g		38%
Trans fat 0.2 oz - 6g		
Sodium 0.03 oz - 0.9g		13%
Total carbohydrate 1.5 oz - 42g		11%
Dietary fiber 0 oz - 0g		0%
Sugars 0.2 oz - 6g		
Protein 0.2 oz - 6g		
Vitamin A 5%	Calcium 18%	
Vitamin C 3%	Iron 6%	

* Percent Daily Value are based on a 2500 calorie diet. Your Daily Value may be higher or lower depending on your calorie need.

Quick Guide to % Daily Value:

5% or less is low
20% or more is high

😊 '3 Low 1 High' rule
Read Nutrition Label to choose healthy food:

- low in fat
- low in salt
- low in sugar
- high in fibre

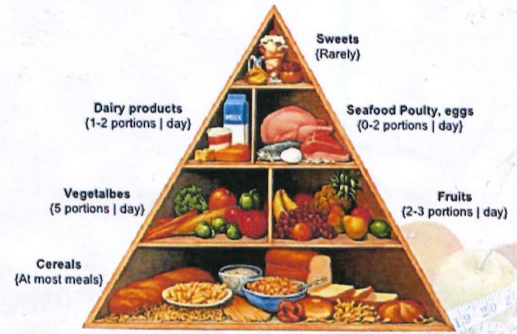
★ = healthy food
✿ = unhealthy food



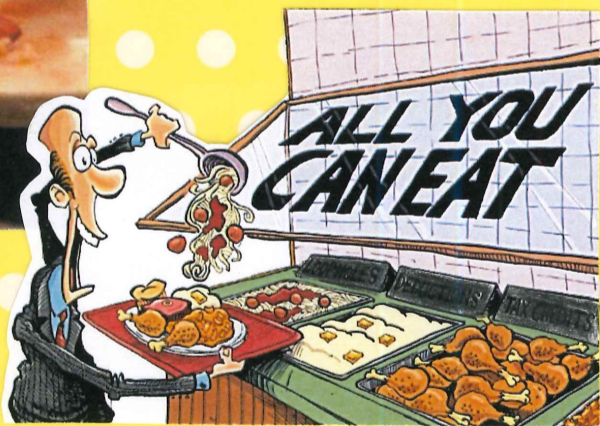
😊 Regular and Balanced Meals according to the Healthy-Eating Pyramid to eat healthily



Healthy-Eating Pyramid



😊 Don't waste food to save food for those in need



😊 Don't eat too late at night as you will increase weight and get stomachache

