Arkansas SNAP Ed
Smart Nutrition-Active People Education

RightBite!

A Newsletter for Healthy Eating

Volume 1, Issue 12 FCS340

In This Issue

Read It Before You Eat It! -

How do you make healthy choices when your grocery store offers thousands of foods? The food label can help you. It's easy to use even when you are in a hurry!

Nutrition Facts on food labels tell you what the calories and nutrients are in one serving of the food inside the package. Food labels are printed on the outside of the package and are usually easy to find. Nutrition information for fresh foods is usually displayed in the grocery store near fresh fruits and vegetables, meat, poultry and fish.

Food Labels Can Help

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

University of Arkansas, United States Department of Agriculture, and County Governments Cooperating

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact *https://access.arkansas.gov/*.

Why Use Nutrition Facts on Food Labels?

- The Percent Daily Values (% DVs) can help you compare nutrients in similar foods by using the "5-20" guide.
- **5% DV or less is low.** For nutrients you want to get less of (saturated fat, total fat, cholesterol and sodium), try to choose foods with a low % DV.
- **20% DV or more is high.** For nutrients you want to get more of (calcium, fiber, iron and vitamins A and C), try to choose foods with a high % DV.
- The goal is to choose foods that together give you about 100% a day. For nutrients that most of us need to get more of, the goal should be at least 100%. For nutrients that most of us need to eat less of, the goal should be to eat no more than 100%.

Fact-O-Matic

According to the Percent Daily Values on a food label, you should try to get 20% or more of the nutrients listed. Can you find them in the puzzle below?

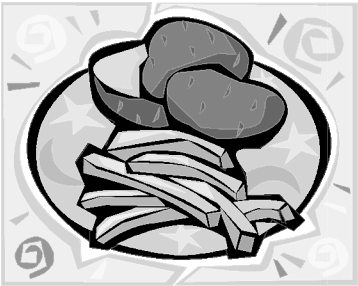
FIBER
VITAMIN A
VITAMIN C
CALCIUM
IRON

F	A	K	V	T	M	L	P	W	B	A	N
I	N	H	V	N	U	O	V	V	L	F	Q
B	T	O	Z	L	I	P	W	W	K	I	G
E	L	B	R	R	R	W	B	V	I	Y	O
R	J	A	O	O	M	V	I	F	M	I	J
S	Q	N	N	X	V	T	Q	E	U	G	C
J	A	P	U	I	A	P	M	Q	I	Z	A
T	C	R	V	M	M	A	W	R	C	O	B
Q	G	F	I	D	H	A	S	M	L	B	B
I	Z	N	Y	I	K	X	T	K	A	A	D
J	C	E	J	U	C	I	Q	I	C	Y	I
P	F	W	O	F	O	U	R	A	V	D	U

Right Bite Recipe

Crispy Skin-On Oven Fries

Ingredients



3 medium baking potatoes
1/4 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
Vegetable oil spray

Directions

1. Preheat oven to 450 degrees.
2. Scrub potatoes and pat dry. Cut each potato into 8 wedges. Arrange in a single layer, skin side down, on a baking sheet.
3. Stir the rest of the ingredients together in a small bowl (except oil).
4. Spray potatoes lightly with vegetable oil and sprinkle with salt mixture.
5. Bake uncovered for 20 minutes or until potatoes are tender and skin is crisp.

Food Safety Corner

Safe Food Handling Can Help Prevent Food-Borne Illness (Food Poisoning)

- Check the "Sell By" and "Use By" dates on dairy products, eggs, cereals and canned foods. Choose the freshest items.
- Check packaging dates and "Use By" dates on fresh meats, poultry and seafood. Do not buy if they are outdated.
- It is best not to use dented cans, but if you do use them, be sure there are no leaks or damaged seams. Cracked or bulging cans should always be thrown out!
- Do not buy foods in torn or cut packages, boxes or bags.
- Wash tops of canned foods before opening. Clean the can opener after each use.

Cooperative Extension Service
2301 South University Avenue
Little Rock, AR 72204

Comparing Costs Can Save You Money!

Compare:

- Prices of different brands.
- Cost of frozen, canned, fresh and dried items of the same food.
- Number of servings in each food package.
- Prices at different stores.
- Prices of similar foods, like fresh peaches and pears.
- The cost of convenience foods versus the cost of making them from scratch.

For more information on food, nutrition or health, contact your county Extension office or visit www.uaex.edu.

Printed by University of Arkansas Cooperative Extension Service Printing Services.