



Read Food Labels

CHALLENGE

Take time to learn about what you're eating

Requirements to complete this HEALTH CHALLENGE™

1. Read "Read Food Labels"
2. Create a plan to read food labels when you go shopping, cook at home or dine out.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When California resident Raul Robles was hungry, he grabbed fast food. And not just burgers and fries. He also drank two liters of soda a day. He didn't think much about how many calories he was taking in. The food was quick and cheap.

But it wasn't sustainable, and his health was going downhill fast.

"I weighed 344 pounds," says Raul.¹ "I was diabetic, dealing with high blood pressure issues, and, in general, unhappy with my life."

Something had to change. After working with his doctor and taking a nutrition class, Raul started reading food labels. And then he had a lightbulb moment...

"I discovered that I was eating between 5,000 to 7,000 calories on a daily basis," says Raul.

After taking a closer look at food labels and his diet, Raul made some changes.

Food-Label Fun

How much do you know about food labels? Take this quiz to find out.



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1. One small package of food is usually just one serving.
2. You should avoid or limit foods high in saturated fat, added sugar, and sodium.
3. Food labels recommend adults eat about 3,000 calories a day.
4. Ingredients on a food label are listed by amount from largest to smallest.
5. Fresh fruits and vegetables don't come with a food label, but they're low in calories and high in nutrients.

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about how to read food labels. Food labels recommend 2,000 calories per day for the average adult. Just because a drink or package of food is small, doesn't mean it's a single serving.

Answers: 1. False. 2. True. 3. False. 4. True. 5. True.

He:

- Quit drinking diet soda and eating fast food
- Began eating a lot more fruits and vegetables
- Added regular exercise to his daily routine
- Read food labels for everything

Little by little, he started to tip the scale in the right direction. For two years, he read food labels, tracked everything in his diet, and exercised regularly.

"I have lost over 150 pounds," says Raul.

"I continue to count my calories, exercise on a regular basis, and truly enjoy my life now."

Want to improve your diet and your health? Take the month-long health challenge to Read Food Labels.

Video: How to read a food label
<https://tinyurl.com/4f8f9eky>