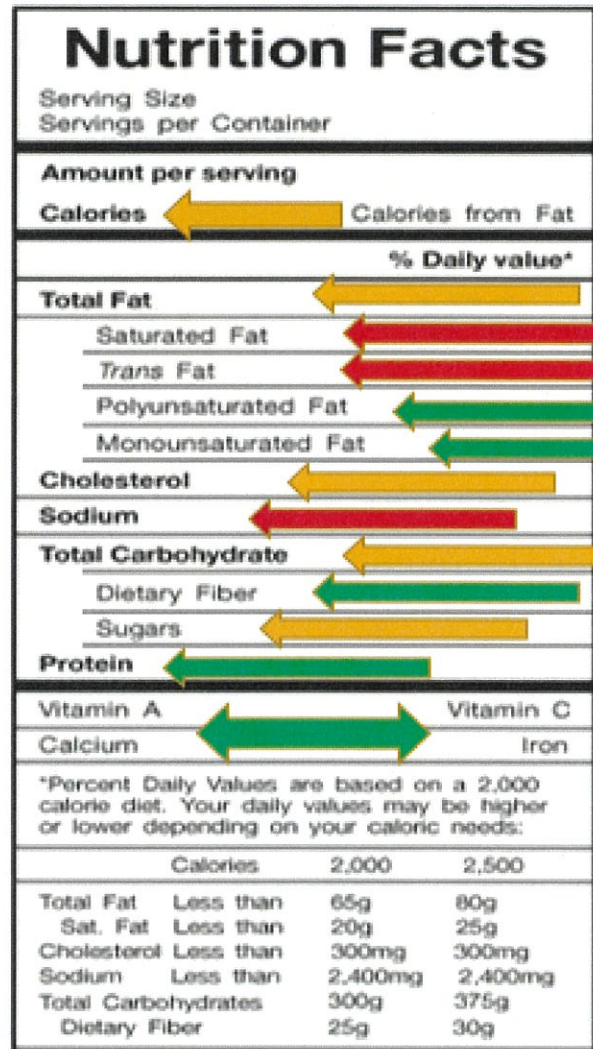


Compare Nutrition Labels

We are creatures of habit, but that can hinder us from choosing a milk or cereal or any food item that will best meet your nutrition needs. Food items come in many choices with slight differences. For example, canned vegetables can be packaged with 'no salt added' or 'low sodium'. Cheese can be made with 'part skim', '2%', or 'fat-free'. What is the difference? Which is the best choice? Practice comparing nutrition labels to more closely meet your dietary needs.



COMPARE MILKS

Serving Size: 1 cup	Milk Type 1: Almond Milk	Milk Type 2: 2%	Milk Type 3: Skim
Total Fat (g)	60	120	90
Protein (g)	1	8	8
% Calcium (mg)	450	300	300

WHICH IS THE BEST CHOICE FOR YOU?

MORE OF THE GREEN
LIMIT THE YELLOW
AVOID THE RED

EATING HEALTHY ON A BUDGET SERIES



Welcome to Eating Healthy on a Budget pantry demo series, facilitated by Catholic Charities' Salem Health and Wellness Program.

Over the next four months, we will be at Disciple's Pantry on two Tuesdays each month providing tips on how to shop, cook, and eat healthy while stretching your \$\$\$.

Get ready for some yummy samples, recipe ideas, challenges and prizes, and extra fresh stuff to take home.