## BE A NUTRIENT DETE(TIVE!

Use the clues on the Nutrition Facts label to help you choose foods with lots of fiber, Vitamins A, B, C, calcium and iron!

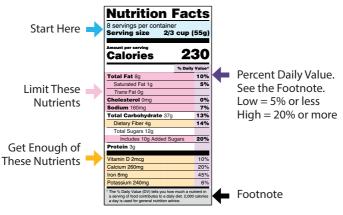
Educational content provided by UGA Extension in Thomas County.

## EAT BETTER. LIVE BETTER.

Wellness Wednesday

## DE(ODE YOUR NUTRITION LABELS!

Most foods in the grocery store must have a nutrition label and an ingredient list. This means you can easily compare foods to see which one is the most nutritious! These nutrients are good for you, while foods with lots of fat, cholesterol, sodium and sugar are not very nutritious.



(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

This message is brought to you by Live Better and our partner Bob & Jeff's IGA.





Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.