

Tips to remember:

1. The smaller the label, the healthier the food. For example, fruits and vegetables have very small stickers
2. Nutrition and Health Experts are working to develop symbols that will be on all food packages to make reading labels and picking healthy foods simple and less confusing for everyone
3. When reading nutrition labels and symbols, if the package says “less fat” or “less sugar”, think about what it is “less than...”



4. Following food guidelines and the , such as , and



, and 3 servings of meats, beans, fish, eggs, nuts and/or peanut butter, will provide you with the total servings per day needed of healthy foods.

5. Ask your WIC Nutrition Counselor for tips and assistance in determining which foods are better for you.

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