



## ACTION STEPS FOR WELLNESS

# Get more food & nutrients for the calories you eat



See how much more you can eat when you choose nutrient-dense foods over ones with the same number of calories, but less healthy nutrients.

**Action Step:** Read the Nutrition Facts on food labels to find out if you get any nutrients for the calories per serving. Look at dietary fiber, vitamins A and C, calcium, potassium, and iron.



Frosted doughnut, coffee, nondairy creamer and sugar  
Calories: 325; Total Fat: 16 grams  
Fiber: 1 gram



Hot dog, chips and cola  
Calories: 570; Total Fat: 25 grams  
Fiber: 2 grams



1 frosted brownie  
Calories: 200; Total Fat: 9 grams  
Fiber: 1 gram



Oat cereal, blueberries, strawberries, apple, skim milk and black coffee  
Calories: 300; Total Fat: 3 grams  
Fiber: 11 grams



Pasta with beans and vegetables. Unsweetened ice tea with lemon.  
Calories: 500; Total Fat: 10 grams  
Fiber: 16 grams



Corn flakes, fruit and skim milk  
Calories: 200; Total Fat: 1 gram  
Fiber: 3 grams