

# July 2025


## Nutrition Label Challenge

Healthy choices can be as easy as reading nutrition labels found on pre packaged foods and beverages. These labels contain important information you can use to make healthy choices throughout your day.

Nutrition labels are broken down into multiple categories including ingredients, serving size, calories per serving, etc. To learn more about nutrition labels refer to the Nutrition Facts Label handout.

This month's challenge is to complete as many of the tasks listed below as you can.

Name \_\_\_\_\_ Department \_\_\_\_\_

I read a nutrition label for a snack food in my pantry	I was surprised by the serving size on a nutrition label	I portioned out my food based on serving sizes listed on the nutrition label	I was surprised by the sodium content on a nutrition label for a food/ beverage	I made a healthier food/ beverage choice after reading a nutrition label
I was surprised by the amount of fat found on a nutrition label when reviewing it	I chose to only have one serving of a food after reading the nutrition facts label	I was surprised by the % DV on a nutrition label for a food item	I was surprised by the protein content found on a nutrition label for a snack food	I feel empowered to make healthy choices after reading nutrition facts labels
I compared nutrition labels for similar foods	I read the nutrition labels on a sugary drink and chose a healthier option	 <b>FREE SPACE</b>	I went grocery shopping and looked at nutrition labels	I found myself looking at the nutrition label before deciding to eat something
I reviewed the Nutrition Facts Label handout attached to this form!	I feel empowered to make healthy choices after reading nutrition facts labels	I was surprised by the amount of sugar on a nutrition label	I looked at the calories on a menu and made a healthier choice	I made a healthy swap for my usual food after reading the nutrition label
I chose not to eat a food after seeing the Saturated Fat on the nutrition label	I read nutrition labels on my freezer foods	I made a healthier drink choice after reading the nutrition label	I read the nutrition label on a food/ beverage from my fridge	I shared information about nutrition labels with someone else

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **August 8th**.

