

## **Decode Nutrition Facts Labels Resource List**

## **HANDOUTS/VIDEOS**

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

**Food Label Smarts** 

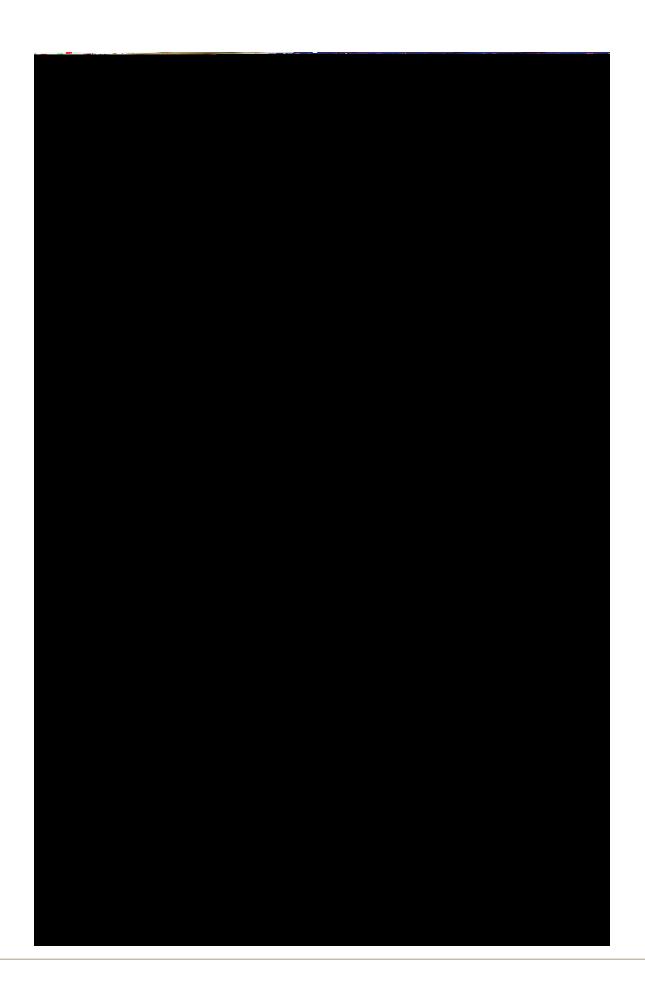
 $TaststD\ aCcns\ Rd\ i/Span\ \&\ ang\ (en-S)/MCID\ @C\ CRA/TT1Tf(CRA/(V2Rea)F).\ \&si.\ &o)n(/)-d)(o)hegoes\ \&\ co/\ goes\ \ goes\ go$ 

## Decode Nutrition Facts Labels Demo Script

Pass out the handout Eat Smart with Food Nutrition Labels so the participants can follow along.	Fats –
SAY:	
Serving Size Servings Per Container	
Calories	
Point to the Nutrition Facts label.	
Saturated Fat Trans Fat Sodium Added Sugars	
Point to these categories on the Nutrition Facts label.	









## **Setting SMART Goals**

Specific		
Measurable		
Achievable		
REALISTIC		
TIME-BOUND		
EXAMPLE OF A SMART GOAL:		