

# SESSION 4: What's on a Food Label

In this session, participants will learn how to read food labels and use this information to select healthier foods. An educator will provide an overview of the information and nutrient listings found on food labels. Participants will practice label reading by looking at food packages. Participants will discuss what information is most useful to them and how they will use label reading to make healthier food choices.

*\*The structure within these lessons is intended as a guide. Prompts and cues can be tailored to better fit instructor's personality or tone. This lesson plan is meant to be accompanied by the "What's on a Food Label" virtual PowerPoint lesson, when possible. This curriculum was developed prior to the release of the 2025-2030 Dietary Guidelines for Americans. It reflects the evidence, recommendations, and federal nutrition guidance available at the time.*

## OBJECTIVES

(Virtual Lesson  
Slide 4)

After the session participants will be able to:

1. Name three items listed on the Nutrition Facts label.
2. Use the food label to choose a cereal (as an example) that is high in fiber and a snack food that is low in sodium.
3. State at least two reasons why it is important to read the food label when shopping for food.

## TIME

~30-47 minutes

## MATERIALS NEEDED

Have sample nutrition labels including cereal boxes, bread packages, dairy product labels, snack food packages, ramen noodle package, canned food, 100% juice and fruit- flavored drink nutrition labels, etc.

### Trainer Materials:

1. Sign-in sheet and data sheet (*optional*)
2. Pre and post evaluation surveys
3. Virtual PowerPoint slides (*optional*)

### Participant Handouts Included in Packet:

1. Orange County (OC) **CalFresh Healthy Living Know the Nutrition Facts**
2. Food and Drug Administration (FDA) **Serving Sizes Get a Reality Check**
3. United States Department of Agriculture (USDA) tip sheets: **Be Salt Smart and Make Half Your Grains Whole Grains**
4. Sample Cereal Nutrition Facts Label
5. Optional: **Know the Nutrition Facts** poster; **CalFresh Healthy Living Flavors of My Kitchen Cookbook**

### Other Items:

1. Name tags
2. Colored markers and/or crayons
3. Pens and/or pencils
4. Flip chart paper
5. Blue painter's tape
6. Large envelope for documents

## BEFORE TRAINING

Contact and invite a CalFresh Outreach Worker to attend the session. Confirm their attendance.

Confirm your meeting location, date, and time.

Remind participants with a friendly call or email, whichever method works best for you and participants.

Make copies of the trainer materials and participant handouts.

Prepare the following flip chart paper:

1. Outline
2. Group Agreements
3. Breakout flipchart: Before, During, After

## TRAINING DAY

Set out the sign-in sheet and a pen.

Post flip chart papers to wall.

If needed, provide a space for the CalFresh Outreach Worker.

Place name tags, pens/pencils, paper, and other items on the tables.

Consider arranging tables/chairs in a U-shape or small clusters to allow active participation.

Have music playing as participants arrive. *(optional)*

## SESSION OUTLINE

1. Welcome & Training Introduction (5 min)
2. Group Agreements (5 min)
3. Pre-Survey (5 min)
4. Ice-breaker (5 min)
5. Activity 1: Serving Size and Servings per Container (5 min)
6. Activity 2: Nutrition Numbers (14 min)
7. Activity 3: Ingredient List & Front of Package Information (5 min)
8. Activity 4: Practice Reading Food Labels (10 min)
9. Activity 5: Using the Food Label to Find Healthier Foods (3 min)
10. Closing & Home Activities Reminder (2 min)
11. Conclusion & Post Evaluation (5 min)

## 1. WELCOME & TRAINING INTRODUCTION

**TIME:** ~5 minutes

**REMINDERS:** Post agenda on the wall.

**SAY:** Hi, and welcome to Session 4: What's on a Food Label? It's good to see you all again and happy to welcome any new participants.

During today's session, we'll look at packaged food and beverage labels so we can make informed choices that support our health, value and needs. We hope that the information and activities we share today are useful.

Before we begin, let's cover a few housekeeping items.

Please be sure to sign the sign-in sheet.

Please excuse yourself if you need to use the restroom or to take a call. *(Share instructions on where the restrooms are located, if needed.)*

This session is about 47 minutes. Your active participation is appreciated.

**ASK:** Any questions?

## 2. GROUP AGREEMENTS

**TIME:** ~5 minutes

**REMINDERS:** Post Group Agreements flipchart paper on the wall.

### Ongoing Session:

**SAY:** You will notice that our Group Agreements are attached to the wall.

**ASK:** Are we still ok with these or are there others to add and/or remove?

### Single Session:

**SAY:** Here is a list of group agreements. Group agreements allow us to create a safe and welcoming environment.

**DO:** Read aloud a few common group agreements and seek consensus. Ask if there are others to add.

1. Let's be respectful and have fun!
2. Agree to disagree.
3. Participate as much as you feel comfortable, your voice matters.
4. Leave cell phone on vibrate and step outside if you need to take a call.

## 3. PRE-SURVEY

**TIME:** ~5 minutes

### MATERIALS:

- **Pre-Survey** (optional)
- Pens
- Large envelope for documents

**DO:** Pass out the **Pre-Survey** and pens.

**SAY:** This is the **Pre-Survey**. Your participation is important and will help us find out if the lessons are effective. We will ask you to complete the form again at the end of the session.

Please answer the questions as best as you can.

Your name will only be used to match pre and post surveys, but your responses will remain confidential.

**DO:** Collect all forms when completed.

## 4. ICE-BREAKER

(Virtual Lesson  
Slides 6, 7)

**TIME:** ~5 minutes

**SUGGESTION:** Post this question on the wall/flipchart paper.

**ASK:** "Who would like to share what information is found on a food label?" (i.e., calories, fat, fiber, etc.)

Why is it important to read food labels? (*Make healthy food choices, compare similar foods, find out what is in different foods, etc.*)

**DO:** Introduce the session topic and review the session objectives and the key message. (*If teaching this session as a series, recap the past session and home activities.*)

**SAY:** Today, we will start a two-part session to help you make healthier food and beverage choices. In part one, we will discuss how to read food labels and in part two, we will discuss beverages. (*Distribute handouts.*)

## 5. ACTIVITY 1: SERVING SIZE AND SERVINGS PER CONTAINER

**TIME:** ~5 minutes

(Virtual Lesson  
Slides 8-10)

### **MATERIALS:**

- **Know the Nutrition Facts** handout
- Cereal and bowl for demonstration

**DO:** Pass out "**Know the Nutrition Facts**" handout.

**SAY:** We will start at the top of the Nutrition Facts label and then go through each section. We will refer to the **Know the Nutrition Facts** poster/handout. Please write down your answers on a separate sheet of paper.

**ASK:** Who can tell me the first thing listed on a food label?

**DO:** Look in the *blue section* of the label: servings per container and serving size are listed first.

**ASK:** What is the serving size for this food? 1 cup.

How many servings are in the package? 4.

**SAY:** This information is on all Nutrition Facts labels. The serving size text is large and bold, making it easier to see. Let's take a closer look at the serving size.

**ASK:** Would someone like to volunteer to read the serving size listed on the cereal box and pour that amount into this bowl?

**DO:** Estimate the number of calories in the amount of cereal you poured to the calories in one serving and write it on your sheet of paper.

**SAY:** Reading nutrition labels is important because it allows you to understand the nutritional content of a food, which enables you to make informed choices about what you eat. Reading food labels also helps to manage calorie intake, maintain a balanced diet, or manage specific health conditions. Knowing how to read food labels allows you to identify foods that are high in certain nutrients like sugar, saturated fat, or sodium, and to choose options with lower amounts.

## 6. ACTIVITY 2: NUTRITION NUMBERS

**TIME:** ~14 minutes

(Virtual Lesson, Slides  
11–23)

### **MATERIALS:**

- **Serving Sized Get a Reality Check** handout
- **Be Salt Smart USDA** handout
- **Make Half Your Grains Whole Grains USDA** handout

### **Calories:**

**SAY:** Now we will review calories, nutrients, and other sections of the Nutrition Facts label.

Look at the pink section. The calories section on the new label is much larger and in bold.

The calories and nutrient content listed on the label is for one serving. If you eat two servings, you need to double the calories and nutrient values listed.

**ASK:** If you eat 1 serving of this food (1 cup), how many calories have you eaten? 280.

If you eat 2 servings (2 cups) how many calories have you eaten? 560. Sometimes we may eat a whole package of food not knowing how many servings it contains. Many packages contain more than one serving. Being aware of how many servings and calories you are eating are a part of mindful eating.

### **Nutrients:**

**SAY:** Now we will look at the *yellow* and *orange* sections of the Nutrition Facts label. How do we know if a food is high or low in the nutrients listed? Look at the % Daily Value. Daily Value refers to the recommended amount of nutrients for a 2,000-calorie diet. It is used on food labels to help you see how much a serving contributes to your daily intake. You can use the Percent Daily Value to determine if a food is high or low in a nutrient. 5% or less is low and 20% or more is high.

### **Nutrients to GET LESS of:**

**SAY:** We want to get fewer of the items highlighted in *yellow*. The percentage to the right of these nutrients should be closer to 5% or less. This means the food is low in those nutrients. If you see 20% or more, the food is high in those nutrients.

## 1. Fat, Cholesterol, Sodium & Added Sugars:

**ASK:** What nutrients do you see listed in the yellow section? Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium & Added Sugars.

Do you see any nutrients with 5% or less? Yes, Added Sugars.

Do you see any nutrients with 20% or more? Yes, Saturated Fat & Sodium.

**SAY:** Fat provides flavor to food, helps you feel full, and helps absorb some vitamins. However, we only need a small amount. Limiting your intake of saturated fat and trans-fat may reduce your risk for certain chronic diseases such as heart disease and some cancers.

## 2. Sodium:

**SAY:** If you look just below Cholesterol, you will see Sodium. We also want to limit the amount of sodium we eat because sodium plays a role in high blood pressure. Per the 2020-2025 Dietary Guidelines for Americans, we should reduce our sodium intake to less than 2,300 mg<sup>3</sup> per day, which is about 1 teaspoon (*show a teaspoon*).

**ASK:** What percent do you see to the right of Sodium? 37%.

Is this high or low? High, so we know this food is high in sodium.

How many milligrams of sodium does one serving of the food on the poster provide? 850mg.

How many milligrams of sodium do two servings of this food provide? 1,700mg – more than half the sodium recommended for the whole day!

**DO:** Pass out "*Be Salt Smart*" handout.

**SAY:** The "*Be Salt Smart*" handout provides tips to reduce our sodium intake.

**ASK:** Can someone please read tip Eat Fruits and Veggies? Look for cue words? Put together meals at home? Go easy on the sauce?

**DO:** Thank the participants.

### 3. Added Sugars:

**SAY:** If you look just below Dietary Fiber, you will see Total Sugars. This includes both natural and added sugars.

1. Natural sugar is found in fruits, dairy, and grains.
2. Added sugars are added during processing of food and found in foods like cookies, cakes, ice cream, sweetened drinks, and other foods.
3. Added sugars are now listed separate from total sugars. This helps us easily figure out if a food has added sugars without having to look at the ingredient list.
4. It is recommended that adults get no more than 10% of our daily calories from added sugars. Based on 2,000 calorie per day, that is 200 calories or 50 grams per day or about 12 teaspoons.<sup>3</sup>

**ASK:** What percentage do you see to the right of Added Sugars? 0%.

Is this high or low? Low, so we know this food has no added sugars.

### Nutrients to GET ENOUGH of:

**SAY:** We want to get enough of the items highlighted in orange. These are nutrients we need so we want the percentage to be 20% or more.

**ASK:** What nutrients do you see in the orange section? Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium. Vitamin D and Potassium are new to the Nutrition Facts Labels because Americans do not always get enough of these important nutrients.

- Do you see any nutrients with 20% or more? Yes – Calcium
- Do you see any nutrients with 5% or less? Yes – Vitamin D

**1. Fiber:** Let us take a closer look at fiber.

**DO:** Pass out the *"Make Half Your Grains Whole Grains"* handout.

**ASK:** How many grams of fiber are in 1 serving? 4g.

- Do you think this is a whole grain? Yes, it is whole grain because it is 4 g. Let's look at our *"Make Half Your Grains Whole Grains"* handout. The handout provides tips on how to increase our intake of whole grains and fiber. Can someone please read Swap your sandwich bread? Choose whole-grain takeout? Experiment with a new grain?

**DO:** Thank the participants.

## 7. ACTIVITY 3: INGREDIENT LIST & FRONT OF PACKAGE INFORMATION

**TIME:** ~5 minutes

(Virtual Lesson, Slides  
24-27)

### **MATERIALS:**

- *Sample cereal Nutrition Facts* Label

**SAY:** Now let's look at the front of the food package and the ingredient list.

### **1. Front of package:**

**SAY:** If you look at the front of a food package, you may see different terms and claims. For example, if you look at the front of this cereal box (use one from the kit) you will see it claims to be "whole grain".

**ASK:** Is this cereal a good source of whole grains?

**SAY:** Maybe – it may contain a little or a lot, but we need to look at the fiber percent and ingredient list to make sure.

**ASK:** What are some other terms and claims you may have seen on food packages?

- Nutrient content claims: "low sodium", "low fat", "100% juice", "gluten-free".
- Health claims: "Heart healthy", "Helps lower cholesterol", "Boosts immunity".

**SAY:** Fat-free or low-fat does not mean calorie-free. Lower fat items may have as many calories as the full-fat versions. Check the label.

### **2. Ingredient list:**

**SAY:** The ingredient list is on the side or back of a food package and is usually in small print.

- Ingredients are listed in order from most to least. When an ingredient is close to the top of the list, the food is high in that ingredient.
- Processed foods may have ingredients you may not have heard of like preservatives, added colorings, added flavorings and more.
- Let's look at the ingredient list of this sample cereal label.

**DO:** Distribute *Sample Cereal Nutrition Facts* labels.

**ASK:** Do you see any ingredients you have never heard of? Partially hydrogenated vegetable oil, whey, annatto extract, BHT.

Is this a whole grain? Yes – the first ingredient is corn, and the second ingredient is whole wheat.

## 8. ACTIVITY 4: PRACTICE READING FOOD LABELS

**TIME:** ~10 minutes

(Virtual Lesson  
Slides 28-31)

**SAY:** Now we are going to practice reading food labels together. Some of you brought food packages from home. I also have packages you can choose from. I want to make sure everyone has one or two food packages. If you see any of the following information on your Nutrition Facts labels, please stand up. Do you see any of the following:

1. Serving Size = 1 cup
2. Serving Size = less than 1 cup
3. Servings Per Container = 2 or more
4. Calories = 300 or less
5. Total Fat = 5% or less
6. Sodium = 20% or more
7. Dietary Fiber = 20% or more
8. Potassium = 5% or less
9. Vitamin D = 20% or more
10. Calcium = 20% or more
11. Iron = 5% or less
12. A whole grain
13. Has added sugar
14. Has an ingredient I don't recognize
15. Has 5 or less ingredients
16. Has a health claim

**SAY:** As you can see, we have a wide variety of foods with different nutrients and different ingredients. We can use this information to compare foods or brands to make healthier food choices.

## 9. ACTIVITY 5: USING THE FOOD LABEL TO FIND HEALTHIER FOODS

**TIME:** ~3 minutes

(Virtual Lesson  
Slide 32)

**DO:** Form small groups or pairs to discuss the following questions:

1. What items on the food label are most helpful to you?
2. What food label are you going to read before you buy the item next time?

## 10. CLOSING & HOME ACTIVITIES REMINDER

**TIME:** ~2 minutes

(Virtual Lesson  
Slide 34)

**SAY:** As a reminder, let's try to practice some of these tips over the next few weeks.

1. Read at least two cereal box labels and the label on two of your favorite snack foods during your next trip to the grocery store.
2. Go to the U.S. Food and Drug Administration (FDA) website to access videos and the interactive Nutrition Facts Label to have additional information about food labels.



### NUTRITIONAL FACTS LABEL CAMPAIGN



### INTERACTIVE NUTRITION FACTS LABEL QUIZ

**SAY:** You can also try some of the activities listed in this handout.

**DO:** Pass out "*Home Activities*" handout

## 11. CONCLUSION & POST EVALUATION

**TIME:** ~5 minutes

(Virtual Lesson  
Slide 33, 35)

**SAY:** Let's review. Get the most nutrition for your calories. Compare the calories to the nutrients you would get. If you are getting a lot of calories, you should fuel your body by getting a lot of nutrients.

**DO:** Distribute post evaluation forms or conduct verbally.

**SAY:** Are there any questions? If there are none - Thank you for attending the session and I hope you are now able to use the information on a food label to make healthier choices.

*If part of a series of sessions:*

During our next session we will take a closer look at some of your favorite beverages by reading the labels and comparing portion sizes.

Circle One: **PRE** or **POST**

**NAME:**

## NUTRITION 5 – LESSON 4 EVALUATION FORM

### WHAT'S ON A FOOD LABEL

Please respond to the following questions using the scale below.

After attending this session, I feel confident that I can:

	<b>STRONGLY AGREE</b>	<b>AGREE</b>	<b>NEUTRAL</b>	<b>DISAGREE</b>	<b>STRONGLY DISAGREE</b>
1. Name 3 items listed on the Nutrition Facts label.					
2. State at least 2 reasons it is important to read the food label when shopping for food.					
3. Use the food label to choose a cereal that is high in fiber and a snack food low in sodium.					

Please return this form to the instructor when you are done.

## REFERENCES:

- 1 Changes to the Nutrition Facts Label, *U.S. Food & Drug Administration*
- 2 The New Nutrition Facts Label, *U.S. Food & Drug Administration*
- 3 Key Recommendations: Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages., 2020-2025 Dietary Guidelines for Americans, pg. 18

## NUTRITION 5 CURRICULUM - HOME ACTIVITIES SHEET

# LESSON FOUR - What's on a Food Label

**INSTRUCTIONS:** The following are recommended activities to try at home on your own or with your family. We will have some time during the next class to share what you accomplished. Feel free to post on a wall or the refrigerator at home to track your progress!

ACTIVITY	STATUS
Apply for CalFresh benefits, if possible.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress <input type="checkbox"/> Does not apply
Make half your plate fruits and vegetables at least 3 times this week.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress
Be physically active for at least 30 minutes 3 times this week.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress
Make a weekly meal plan.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress
Make a shopping list based on your weekly meal plan.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress
Check and use supermarket ads and/or circulars for cost savings.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress
Review the nutrition facts label before purchasing the item.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress

# Know the Nutrition Facts

Form a healthy habit by reading food labels to determine what's inside and make informed food choices

## LOOK at Serving Sizes

The information listed on the Nutrition Facts label is based on a typical serving size in common measurements like cups, ounces, or pieces.

A package may contain more than one serving so if you're eating more or less than the serving listed, you'll need to multiply or divide the numbers listed.

## GET MORE of These

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

These nutrients improve your health, yet most Americans don't get enough of them in their diets. Look for foods with 10% or more of these nutrients in the % Daily value column

## Nutrition Facts

4 servings per container  
Serving size **1 cup (227g)**

Amount per serving  
**Calories 280**

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sample label for frozen lasagna

## CHECK Calories

The portion size or amount you eat as a serving determines the number of calories you consume.

The number of calories you need daily depends on your age, gender and level of physical activity. Visit MyPlate website ([www.MyPlate.gov](http://www.MyPlate.gov)) to find your calorie needs.

## GET LESS of These

- Fat
- Sodium
- Cholesterol
- Added Sugars

Eating too much of these nutrients increases your risk of diseases like obesity, heart disease, high blood pressure, and some cancers. Added Sugars should be limited to 10% of your daily calories



## % DAILY VALUE

These percentages show whether the nutrients in a serving contribute a little or a lot to your total daily intake. Percent Daily Values on the Nutrition Facts label are based on a 2,000-calorie diet. Your % Daily Value may be higher or lower depending on your daily calorie needs



Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.

# Serving Sizes Get A Reality Check

## Serving Size Changes

What's considered to be a "serving" has changed for some foods in the decades since the original Nutrition Facts label was created. So, some serving sizes were updated to more realistically reflect how much people typically eat at one time.

### ORIGINAL SERVING SIZE FOR ICE CREAM: 1/2 CUP



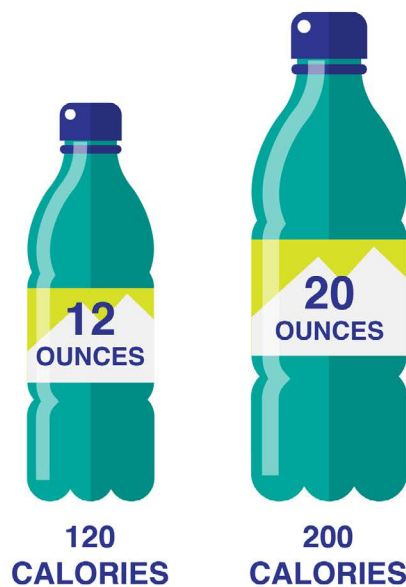
### NEW SERVING SIZE FOR ICE CREAM: 2/3 CUP



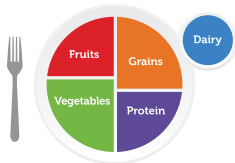
## Packaging Affects Servings

Package size often affects how much people eat and drink at one time. For soft drinks, both 12-ounce and 20-ounce bottles will be labeled as one serving, since people are likely to drink the entire amount in either size container in one sitting.

### 1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE



Start simple  
with MyPlate



## Be Salt Smart

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Read the label

The **Nutrition Facts** label shows you how much sodium is in packaged foods. Choose lower sodium foods—especially if you have high blood pressure, diabetes, or kidney disease.



### Eat fruits and veggies

Enjoy a variety of fresh and frozen fruits and vegetables—almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”



### Look for cue words

Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.



### Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.



### Go easy on the sauce

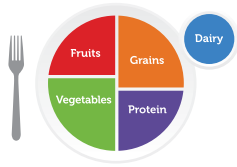
Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you’re using. The sodium from these can add up quickly.



### Spice it up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredients list.

Start simple  
with MyPlate



## Make Half Your Grains Whole Grains

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what grains to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Have whole grains at breakfast

Enjoy a whole-grain hot cereal. Oatmeal is a favorite but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.



### Enjoy a multigrain bowl

Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.



### Swap your sandwich bread

Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads, and rolls are all available as whole grains.



### Choose whole-grain takeout

Ask about whole-grain options when dining out or ordering take-out food. For example, make a switch to whole-wheat pasta or brown or wild rice.



### Experiment with a new grain

Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.



### Switch up pizza night

Create individual, homemade pizzas on whole-wheat English muffins or tortillas. Or, make a traditional pizza using a premade whole-wheat flour. Don't forget the veggie toppings.