



FEBRUARY UPDATE

FRESH FRUIT & VEGETABLE PROGRAM

How is the Nutrition Label Changing and Why?

Original Label

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* 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.	

- Update Serving Size Amounts and make it more prominent**
This makes the serving size more realistic to reflect the amount people actually eat. For example, a pint of ice cream has 4 servings in it, but that's not realistic because most people eat it in one or two sittings.
- Larger & Bolded Calories**
Greater emphasis on calories, because total calories is very important in maintaining a healthy weight
- Removing "Calories from Fat"**
The type of fat is more important than the total fat.
- "Amount Per Serving" has the actual serving size listed**
This is to emphasize how much is in a serving
- New "Added Sugars" Line**
Added sugars include sugars that are added during the processing of foods, sugars from syrups, honey and other sweeteners. They do not include naturally occurring sugars found in fruits, dairy and vegetables.
- Vitamin D and Potassium Required (Vitamin A & C Removed)**
Evidence shows that people aren't consuming enough of these nutrients currently.

This institution is an equal opportunity provider.



What do we get to try this month?



- Sweet potato
- Jack Fruit
- Leek
- Tangerines
- Kale
- Cherry Tomatoes
- Starfruit

Delicious and Nutritious!



*Menu items subject to change based on availability.

Oven Roasted Sweet Potatoes

Serves: 4 people

Ingredients

- 4 cups of chopped sweet potato
- 1 sweet onion, cut into wedges
- 2 cloves of garlic, minced
- 1 red bell pepper, cut into strips
- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions

- Preheat oven to 425°F.
- Mix sweet potato, red bell pepper, garlic, and onion in a bowl and drizzle olive oil to coat.
- Roast mixture for 30-35 minutes, tossing frequently.
- Take out of oven and drizzle balsamic, salt and pepper over vegetables

