

Autumn Health Picks

GET THE FACTS ON NUTRITION

October 14, 2020



Key Takeaways

1. The FDA's Nutrition Facts label is your daily tool for good nutrition
2. Use the Dietary Guidelines for Americans and MyPlate to make informed, healthy food choices
3. Focus on small, manageable shifts in food and beverage choices to lead to healthy, lifelong changes
4. Dietary supplements can be part of a healthy diet when you make informed decisions

Resources

[fda.gov/nutritioneducation](https://www.fda.gov/nutritioneducation)

Dietary Guidelines for Americans

[choosemyplate.gov](https://www.choosemyplate.gov)

dietarysupplementdatabase.usda.nih.gov