



READ THE LABEL

Inside Track, Week 4: read labels and set one small goal you can keep.

OUTSIDE EATS.ORG

Labels tell the truth.

The label tells you what is really in your food.

This week you will check four things on a label: serving size, protein, fiber and sodium (salt). Then you will pick one small goal.

Small goals stick. Pick one you can keep for a week, like trading one bag of chips for peanut butter. Use what works for you.

Important: general educational information only. Follow your facility's rules on food, trading and storage. For medical or diet needs, use your facility's medical or diet request process.

Four things to look for.

Find these on the Nutrition Facts label of any package.

1

SERVING

- Look here first
- Is it 1 or 2?
- Ate the pack?
- Double it all

2

PROTEIN

- Keeps you full
- More is better
- Beans
- Peanut butter
- Nuts + seeds

3

FIBER

- Helps digestion
- More is better
- Oats, beans
- Whole grains

4

SODIUM

- That's salt
- Less is better
- Ramen is high
- Use half packet
- Try hot sauce

TRY IT

Compare two snacks. Pick the one with more protein and fiber and less sodium.

My label check

ITEM

What I checked.

THE NUMBERS

Protein, fiber,
sodium.

SWAP?

A better pick.

MY SMALL GOAL

Write one goal on the check-in page. Keep it small enough to do every day this week.

TRY IT THIS WEEK

Better-for-you snacks

Quick snacks with more protein and fiber.

PB Crunch Wrap

NO HEAT

YOU NEED

- tortilla
- peanut butter
- granola or cereal
- banana or fruit cup

DO THIS

Spread peanut butter on the tortilla.
Add granola and fruit. Roll it up.

OPTIONALLY:

Use crackers instead of a tortilla.

Half-Packet Ramen

HOT WATER

YOU NEED

- ramen noodles
- bean pouch
- veg from your tray
- hot water

DO THIS

Add hot water to noodles. Cover 3 min.
Stir in beans, veg and half the packet.

OPTIONALLY:

Use hot sauce instead of the rest.

FOLLOW THE RULES

If you have a medical diet, follow it first. Use your facility's medical or diet request process.

My small goal

Check what you did this week.

- ☐ I read 3 labels this week.
- ☐ I found the serving size.
- ☐ I compared protein on two items.
- ☐ I compared sodium on two items.
- ☐ I made one better swap.
- ☐ I set one small goal.
- ☐ I kept my goal for 3 or more days.
- ☐ I shared one idea with someone else.

My goal for next week:

My question for Week 5:
