





















# Agriculture Adventures for Families

The New Year often brings resolutions to eat healthier. Play a game of bingo throughout the week as you glance at your meal selections and see if you are eating a variety of foods across all categories and colors. Some days will be better than others but keep this variety in mind when selecting the food, you and your family might prepare. Keep in mind portion size as well and become familiar with the new labels that reflect more accurate serving sizes.



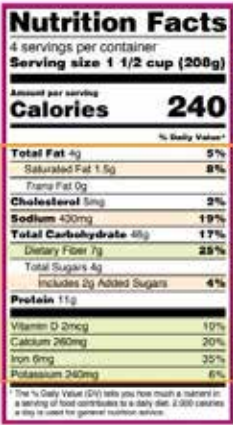
The next time you are at the grocery store or unpacking your grocery delivery, play this game of BINGO and see how well you did with eating foods from all 5 sections of the MyPlate

FRUITS	VEGGIES	GRAINS	PROTEIN	DAIRY
Banana 	Potato 	Popcorn 	Eggs 	Any Dairy!
Apple 	Any Vegetable!	Cereal 	Chicken 	Milk 
Blueberries 	Carrots 	Free Space 	Any Protein!	Cream Cheese 
Orange 	Broccoli 	Any Grain!	Peanut Butter 	Yogurt 
Any Fruit!!	Corn 	Bread 	Beans 	Cheese 

## What’s on the NEW food label you will see in stores?

### Understanding and Using the Nutrition Facts Label

The **Nutrition Facts** label found on packaged foods and beverages is your **daily tool** for making informed food choices that contribute to healthy lifelong eating habits.



**Servings Per Container** shows the **total number of servings** in the entire food package or container. One package of food may contain more than one serving.

**Serving Size** is based on the **amount of food that is customarily eaten at one time** and is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have information displayed per package.

**Calories** refer to the **total number of calories** in a serving of the food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses. 2,000 calories a day is used as a general guide for nutrition advice. Learn your number at [www.choosemyplate.gov/resources/MyPlateFacts](http://www.choosemyplate.gov/resources/MyPlateFacts).

**As a general guide:**

- 100 calories per serving of an individual packaged food is considered **moderate**
- 400 calories or more per serving of an individual packaged food is considered **high**

**% Daily Value (%DV)** shows **how much of a nutrient in a serving of the food contributes to a total daily diet**. Use %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (remember to make sure the serving size is the same).

**As a general guide:**

- 5% DV or less of a nutrient per serving is considered **low**
- 20% DV or more of a nutrient per serving is considered **high**

**Nutrients**

The Nutrition Facts label can help you **learn about, compare, and monitor the nutrients** in many foods in your diet.

**Nutrients to get less of:** saturated fat, sodium, and added sugars. Compare and choose foods to get less than 100% DV of these nutrients each day.

**Nutrients to get more of:** dietary fiber, vitamin D, calcium, iron, and potassium. Compare and choose foods to get 100% DV of these nutrients on most days.

FDA U.S. FOOD & DRUG ADMINISTRATION  
www.fda.gov/food/interactivenutritionfactslabel  
Interactive Nutrition Facts Label • March 2020  
Understanding and Using the Nutrition Facts Label 1

## Action Steps for a Healthy Diet

Eat a variety of colorful vegetables

Focus on whole fruits

Make at least half your grains whole grains.

Vary your protein routine.

Substitute fat-free or 1% low-fat dairy products

Limit saturated fat, sodium, and added sugars.

For more information and some helpful meal preparation tips , visit <https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/>



Test your knowledge by visiting this website and taking the online quiz!

<https://www.choosemyplate.gov/quiz>



### Choose your prize:

Choices include a \$25 Beggar’s Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR \*3 AMC Movie Tickets \*AMC Yellow tickets not valid in California, New York & New Jersey .

Complete the Word Search puzzle for your chance to win! Winners will be contacted by mail.

Mail to: Cook Co. Farm Bureau

Ag Adventures Word Search

6438 Joliet Rd

Countryside, IL 60525

Fax to: 708-579-6056

Email to: FBcooperator@gmail.com

Complete and submit an entry every month all in 2021 and your name is automatically entered into an “End of Year” drawing for a gift basket full of ag themed goodies.

Good luck!

## January Word Search

A B P U W U B T M I R U E W S  
F M B X O F A C Y D N E N T C  
L A G D Q N P I P R W P I Q A  
A A N T I I I A L F F U T L R  
S E I G G E V E A C R O U S R  
G R A I N S H M T F H E O B O  
G N I T A E I U E O L E R D T  
X E N F A L G O F P R E E V O  
J B W L Y C F K P J K P B S Z  
A X T Y S V S A B R E A D A E  
I H C R U S Y P K T T C R Z L  
Y Z M I H T B K C U R U U L W  
A V P A Z D P G D I B A Q T G  
B Z Q D H G Q G S M X T Q M T  
U U N M N G P A V T X W B B L

Apple

Bread

Carrot

Cheese

Dairy

Eating

Family

Food

Fruits

Grains

Healthy

Label

MyPlate

Protein

Routine

Veggies

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Membership #: \_\_\_\_\_

(Membership # is located on front of paper)

If you were to win, check your preference:

\_\_\_Beggar’s Pizza GC \_\_\_HRI GC \_\_\_3 Movie Tix  
(If a choice is not made, movie tickets will be sent)

Deadline is the 20th of each month.

## Last Month’s Word Search Winner Is...



Shmoon Ibrahim