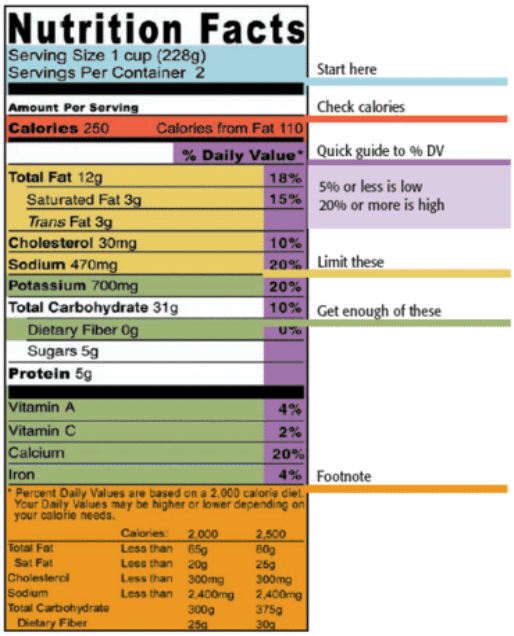
Wellness in August

Paying attention to food labels can be helpful in the process of losing body fat, maintaining lean body mass and weight management



1. **Serving Size**- The measured amount of food. Always check serving size on food labels to determine if the number of servings you are eating is smaller or larger. This will help you stay within your daily calorie goal.
2. **Calories**- The total amount of energy the food provides. You should limit the number of calories from fat to 20-35% of your total caloric intake.
3. **Limit These**- Saturated fat, Tran's fat, Cholesterol, high sugars and sodium. Try to choose foods less than 10% of calories from saturated fat.
4. **Get enough Of These**- Fiber, higher protein, Try to choose complex carbs and whole grains over simple sugars.
5. **Vitamins and minerals**- Higher % indicates a more nutritious product.
6. **Footnote**- Percentages in relation to daily recommend food intake, Footnotes can also help clarify the serving size or explain how values were calculated**.**
7. **Ingredient label-** The best tool at your disposal to determine if the food product is a healthy choice. Keep an eye out for added sugars, unhealthy oils, and additives.

When it comes to wellness there is no better time to get started on your journey! Keep an eye out for more information on our in person Seminar

Why Diets Fail: Secrets of Permanent Fat Loss

Speaker: Jonathan Burg MD

September 13th, 6 to 7:30 PM

Corewell Health Beaumont Hospital Troy, Moceri Learning Center

You can also RSVP on our website or using the following QR code:

www.SilverPineDocs.com/seminar

For further questions, please call (586) 726-4823 ext. 2023 or email wellness@silverpinedocs.com