

Third Quarter 2024

# Nutrition Communications Network



## Science-Based Nutrition Messages for the Summer and Fall

Summer into early fall is the perfect time of year to focus on healthy eating habits. People are often more active, spend more time outdoors, and may be open to exploring seasonal flavors and recipes.

This guide provides easy-to-use, science-based nutrition messages to help fuel your social media outreach and web content. Inside you'll find monthly messages with health-conscious tips, infographics, shareable resources, and a sample blog post that can be used to engage your members or followers. We encourage you to use the #NutritionFactsLabel hashtag along with the messages.

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## Key Observances

National Grilling Month

National Picnic Month

National Park and Recreation Month

July 3: National Eat Your Beans Day

July 4: Independence Day

July 31: National Avocado Day

# JULY

2024

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21	22	23	24	25	26	27
28	29	30	<b>31</b>			

Calling all health care professionals! DYK FDA provides tools to make it easier to help patients learn how to use the Nutrition Facts label to make informed food choices. Check out the toolkit and other materials on serving sizes, percent daily value, and identify key nutrients.

<https://www.fda.gov/food/nutrition-education-resources-materials/health-educators-nutrition-toolkit-setting-table-healthy-eating>

The #NutritionFactsLabel can help you identify foods high in protein and dietary fiber like beans. Remember to incorporate these pulses into your summer meals in dips, soups, or salads for a “bean-eficial” source of nutrients. #NationalEatYourBeansDay

[https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL\\_DietaryFiber\\_October2021.pdf](https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL_DietaryFiber_October2021.pdf)



FDA and EPA have issued advice regarding eating fish for those who might become or are pregnant or breastfeeding and children ages 1-11 years. The advice features a chart that makes it easy to choose dozens of healthy and safe options and includes information about the nutritional value of fish. #FDATips

<https://www.fda.gov/media/102331/download?attachment>

While unpacking your groceries, involve your kids in healthy eating habits and read the #NutritionFactsLabel together! Start a family conversation on nutrition and healthy eating using the Nutrition Facts label.

<https://www.fda.gov/media/128913/download>

July is here, and so are summer gatherings. As you prepare for picnics, parties, and outdoor events, it's important to prioritize food safety. If you're planning an outdoor picnic at home and are not sure how quickly the food will be eaten, keep buffet serving portions small. Read this blog for more easy tips for food safety when entertaining and plan a "bacteria-free buffet!"

<https://www.fda.gov/food/buy-store-serve-safe-food/serving-safe-buffets>



Create lasting memories and healthy habits in the kitchen with your loved ones! Cooking together is a great way to bond across generations, share family traditions, and explore new recipes. Discover meal ideas using USDA's Meal Prep and Cooking Tips and learn how to prepare healthy meals right at home.

<https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/meal-prep-and-cooking-tips>

#DYK that avocados are high in potassium and rich in monounsaturated fats? Whether you prefer it sliced on toast or mashed in guacamole, avocados are a nutritious addition to any summer meal. #NationalAvocadoDay

<https://www.myplate.gov/tip-sheet/rethink-fats>

Planning a BBQ, cookout, or picnic? As you fire up the grill to celebrate #NationalGrillingMonth, keep food safety in mind and keep your meats and veggies separate. #FDAFoundation

<https://www.fda.gov/consumers/consumer-updates/barbecue-basics-tips-prevent-foodborne-illness>

Helping kids learn to read the #NutritionFactsLabel on food packages is important – it is a tool to make good food choices throughout their lives! Check out this fun, ready-made tool to explore the label together!

<https://www.fda.gov/media/89314/download>



## Key Observances

National Sandwich Month

Kids Eat Right Month

Children's Eye Health and Safety Month

August 3: National Watermelon Day

August 4-10: National Farmers Market Week

August 19: National Potato Day

August 21: National Senior Citizen Day

August 29: National More Herbs, Less Salt Day

# AUGUST

2024

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25	26	27	28	<b>29</b>	30	31

About 40% of sodium consumed comes from foods like deli meat, pizza, burritos, soups, and burgers. Since sodium levels can vary between these types of foods, it's important to use the #NutritionFactsLabel and reference the % Daily Value and serving size for comparison.

<https://www.fda.gov/media/84261/download>



Celebrate #MoreHerbsLessSaltDay and ditch the saltshaker for low- or no-salt seasoning blends or herbs and spices like basil, thyme, and cilantro. Whether roasting vegetables or tossing a salad, savor the flavor without compromising your healthy eating habits.

<https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet>

Ready to be a smart cookie this back-to-school season? Before mixing up that dough, test your safety knowledge about ready-to-cook foods and think along the lines of "just in case." See how your food safety knowledge measures up in the quiz below. #FDATips

<https://www.fda.gov/food/buy-store-serve-safe-food/test-your-safety-knowledge-about-ready-cook-foods>

FDA, in collaboration with the American Medical Association, developed an education program to help physicians and other health care professionals understand the #NutritionFactsLabel to make informed food choices that support healthy dietary practices. Check out this video to learn more about the nutrients listed on the label and nutrients that patients need to get more of in their diets, like dietary fiber, calcium, vitamin D, potassium, and iron. #FDAFoundation

[https://www.youtube.com/watch?v=ZDa\\_ch4nJsE&list=PLeY4Qe-Uxcblwgg-huiylz2eJTTFnk04](https://www.youtube.com/watch?v=ZDa_ch4nJsE&list=PLeY4Qe-Uxcblwgg-huiylz2eJTTFnk04)

It's back to school season and new updates to school meals focus on giving kids the right balance of nutrients, while reducing the amounts of added sugars in menu items, especially at breakfast. Learn more about the gradual changes today!

<https://www.youtube.com/watch?v=SUflvoK2e1E>

Get creative with leftovers and don't let extra grains go to waste. Mix rice with canned black beans, frozen corn, salsa, guacamole, and a low- or no-salt seasoning blend. Or try a sweet and savory option with quinoa, frozen strawberries, nuts, red onion, mint, and your favorite dried fruit.

<https://myplate-prod.azureedge.us/sites/default/files/2024-01/MyPlatePlanningForHealthySavingsFVfinal-Jan2024.pdf>

Making healthy dietary choices can help you feel your best and stay active as you age. Older adults have different nutritional needs than other age groups, and the #NutritionFactsLabel is a great resource to help you and your loved ones monitor key nutrients. Look for foods higher in dietary fiber, vitamin D, calcium, and potassium using the %DV to select foods that best fit your nutritional needs.

<https://www.fda.gov/food/nutrition-facts-label/using-nutrition-facts-label-older-adults#three-tips>

Sandwiches are an easy, budget-friendly way to add essential nutrients to any meal. Build a better sandwich with USDA's MyPlate by pairing a variety of flavors, textures, and temperatures. Choose whole grain bread and in-season produce like shredded carrots, tomatoes and cucumbers. For protein, use canned tuna, eggs, or nut butters, and experiment with spreads like avocado or hummus.

<https://myplate-prod.azureedge.us/sites/default/files/2024-01/BuildABetterSandwichWithMyPlate-01-03-24.pdf>

Upgrade your sandwich game with whole grains! Choose sandwich bread made with 100% whole grains or with a whole grain listed as the first or second grain ingredient. Explore whole-grain options like pita, tortillas, and naan for a tasty lunchtime twist.

<https://www.myplate.gov/tip-sheet/make-half-your-grains-whole-grains>

Encourage children to make healthy choices at home or on the go this #KidsEatRightMonth. Teach them how to make nutritious snack choices, like adding frozen blueberries to yogurt, enjoying peanut butter in celery "Boats" with raisins, or mixing frozen peas into pasta at dinner. When kids are involved in planning and preparing meals or snacks, they are more likely to have a greater understanding of nutritious foods, setting kids up for a lifetime of healthy eating habits. #FDAFoundation

<https://www.fda.gov/food/food-labeling-nutrition/fdas-nutrition-initiatives>

## Key Observances

**National Whole Grains Month**

**National Food Safety Education Month**

**Healthy Aging Month**

**National Cholesterol Education Month**

**National Childhood Obesity Awareness Month**

**September 25: National Women's Health and Fitness Day**

**September 29: World Heart Day**

# SEPTEMBER 2024

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1	2	3	4	5	6	7
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22	23	24	<b>25</b>	26	27	28
<b>29</b>	30					

Step up your back-to-school game with a quick course in label reading! Explore the #NutritionFactsLabel and learn how to make informed decisions about prepackaged snacks your kids eat in and outside the classroom.

<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/>

Shopping in the grocery aisle for your next family meal? Make healthy choices easier with @FDAfood's Tip Card! Whether its meal planning or on-the-spot decisions, this guide can help you to make nutritious choices with tips for reading the #NutritionFactsLabel.

<https://www.fda.gov/media/131162/download>

Plan, shop, cook, and eat smarter with MyPlate and the #NutritionFactsLabel! Plan your meals with five food groups and compare items using the Nutrition Facts Label for serving size, %DV and nutrient information.

<https://www.fda.gov/media/119461/download?attachment>



Freeze now, enjoy later! Keep foods fresh by storing them in your freezer until mealtime. Dive into strategies to reduce food waste and make your grocery haul last longer with help from FDA. #FDATips

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

Easily compare the nutrient content in foods by checking %DV on the #NutritionFactsLabel to make informed food choices! By checking the %DV you can compare the nutrient content in foods, empowering you to optimize your diet without sacrificing your favorites. Aim for foods with a higher %DV of nutrients you want more of and a lower %DV of nutrients you want to limit at other times of the day.

<https://www.fda.gov/media/135304/download?attachment>



#DYK that some types of produce — think apples and bananas — are “in season” year-round because they grow in different locations? Use the SNAP-Ed Seasonal Produce Guide.

<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide>

With the increasing popularity of pre-portioned meal kits delivered straight to your doorstep, FDA offers essential tips for ensuring food safety once your delivery arrives. Learn how to safeguard your delivered meals in this informative video below. #FDAFoundation

<https://www.fda.gov/food/buy-store-serve-safe-food/5-red-flags-look-when-shopping-meal-kits>

During Food Safety Education Month, debunk the myths behind date labels on food packages! Learn how to avoid unnecessary food waste by understanding product expiration dates. Check out this informative video and discover the FoodKeeper app to maximize your food’s freshness.

<https://www.youtube.com/watch?v=T5jgZ4fJJsw&feature=youtu.be&themeRefresh=1>

More often, opt for food and drinks lower in saturated fats; 5% DV or less is considered low. Try cooking with olive oil instead of butter, incorporating fish, beans, or veggies into homemade dishes, and reserve desserts for special occasions. #FDAFoundation

<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/saturated-fat.cfm>

#DYK that most people in the US don’t get enough calcium or iron. Use the #NutritionFactsLabel to choose foods to get 100% DV of these minerals

<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/vitamins.cfm>

Studies show that school children who eat breakfast perform better in the classroom. Growing bodies and developing brains need regular, healthy meals! When time is short, opt for quick and nutritious options like fruit, nut-and-fruit trail mix, or a whole-wheat tortilla spread with peanut butter. Ensure your children start their day off right with these seven breakfast tips.

#FDATips

<https://youtu.be/ZNLqPmMGT4>



# Infographics


**FDA U.S. FOOD & DRUG ADMINISTRATION**

## Eat Healthier With These Tools

Nutrition Facts	
Serving size: 200 cap (20g)	
Calories <b>230</b>	
<small>% Daily Value*</small>	
Total Fat 10g	20%
Total Crap 10g	20%
Total Protein 10g	20%
Total Carbohydrate 10g	20%
Total Sugar 10g	20%
Total Fat 10g	20%
Total Protein 10g	20%



PLANNING



Plan for the week with USDA's **MyPlate** in mind. Think about how you can cover all of the five food groups. Consider meals you might cook.

SHOPPING

Find the food that's right for you by comparing different items using the **Nutrition Facts label**. Choose items higher in vitamins, minerals, and fiber and lower in saturated fat, sodium, and added sugar.



COOKING



Use **MyPlate** to think about how to make your meal as complete as possible. For example, if you are making pasta, add veggies to your dish and cut up fruit for dessert.

EATING

Look at the **Nutrition Facts label** to track calories and use serving information to help you choose the right portion sizes for you.



### Start using the Nutrition Facts label and MyPlate now!

You may have heard that the Nutrition Facts label is getting an update. The new label is already starting to appear on products nationwide.

For more information visit [www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation) and [www.myplate.gov](http://www.myplate.gov)

[Download](#)



# ORDERING MEAL KITS?

Remember these **5** safety tips:

Meal kits delivered to your door arrive with premeasured, perishable ingredients. Fresh, well packaged food at the right temperatures should be safe to eat.



## 1. RESEARCH COMPANIES BEFORE YOU BUY.

Order from responsive, trusted companies.



## 2. TRACK PACKAGES STRAIGHT TO YOUR DOOR.

Food spoils if it sits too long on trucks or doorsteps.

## 3. INSPECT FOR DAMAGE TO THE BOX.

Food in wet, ripped, torn, or dirty packages might not be safe to eat.



## 4. LOOK FOR CROSS-CONTAMINATION.

Items should be individually packaged and NOT leaking.



## 5. CHECK IF COLD FOODS ARE RECEIVED COLD, E.G., MEAT AND FISH.

Check for safe temperatures on arrival—frozen or partially frozen meat, cold fruits and vegetables.



Below 40° Fahrenheit for meat and fish.

If meat, fish, fruits, and vegetables don't arrive at safe temperatures, toss them in the trash to avoid getting sick.



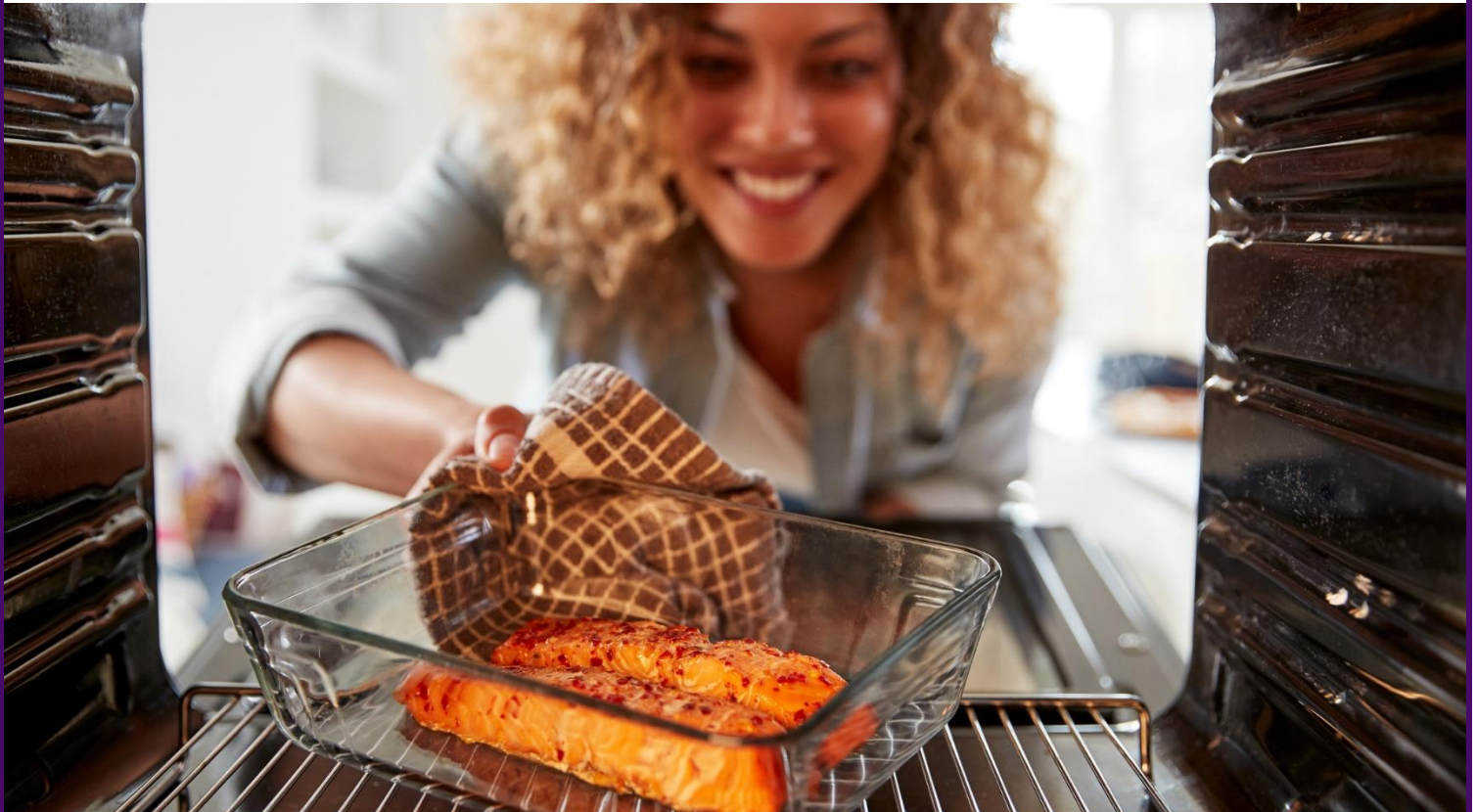
## FOOD SAFETY FIRST.

Before eating food from a meal kit, make sure it's fresh, well packaged, and kept at the right temperatures.

For more information visit [www.FDA.gov](http://www.FDA.gov)

# Shareable Resources

- ❖ [FDA Interactive Nutrition Facts Label](#)
- ❖ [FDA Interactive Nutrition Facts Label Quiz](#)
- ❖ [FDA Sodium in Your Diet](#)
- ❖ [FDA Serving Size on the Nutrition Facts Label](#)
- ❖ [FDA Healthy Breakfast for Kids](#)
- ❖ [FDA Monounsaturated and Polyunsaturated Fats Fact Sheet](#)



# Blog Post

## Building Strong Foundations for Healthy Habits Inside the Home and Beyond



The transition from summer to fall is the perfect time to focus on nurturing healthy eating habits for kids that will last a lifetime. Whether at home, in school, or in the grocery aisle, encouraging healthy eating habits early on is the key to enjoying healthy eating habits in adulthood. Let's explore ways to build strong, nutritious, and healthy habits both inside and outside of the classroom!

### Model Healthy Eating Habits at Home

Home is where healthy habits begin, and parents and caregivers are the ultimate influencers in shaping a child's eating behaviors. By demonstrating healthy eating habits and encouraging kids to try a variety of meal and snack options, children are more likely to follow suit if you lead by example. Prepare yogurt topped with bananas and granola for the whole family or offer your kids the chance to try part of a homemade mix packed with roasted nuts, dried fruit, and whole-grain cereal for a crunchy yet fiber-packed snack.

Leading by example is not the only way to [teach your kids](#) how to make smart food choices. Ask your children to read the labels on food and beverage packages in the pantry and refrigerator as you stock the kitchen from your grocery trip. Teach them why you purchase a variety of fresh, frozen, and canned options, and don't forget to let kids help with meal preparation. Teach kids how to assemble their own plates "family style," fostering independence and a sense of ownership over their food choices. Set the stage for success in the home by giving kids the tools they need to cultivate healthy habits.

### Make Informed Choices at School

Parents can encourage their children to navigate the school cafeteria with confidence by instilling healthy habits at home. Teach kids how to decode the FDA's [Nutrition Facts Label](#), helping them learn about their favorite snacks and practice measuring out single serving sizes. Using foods in the freezer, refrigerator, or pantry shelves at home, challenge your kids to pack a healthy lunch they can take to school or enjoy at home using the Nutrition Facts label as their guide. Kids can learn to identify healthier options by checking the label for foods lower in sodium, added sugars, and saturated fats while prioritizing foods higher in dietary fiber, vitamins, and minerals to pack in their lunchbox. And even if they're not bringing lunch from home, remind kids to use their label-reading skills to make smart choices on



packaged foods in the cafeteria line. Whether it's packing a lunch or grabbing a meal at school, give your kids the tools to make informed decisions about what they eat.

### Sustain Healthy Habits at the Counter and the Grocery Aisle

The lessons learned at home and in the classroom can be used in grocery stores and restaurants. Equip kids with practical skills for deciphering food labels at the grocery store with the FDA's handy [Foods Tip Card](#). Encourage kids to make healthier choices even when away from home when dining out at a restaurant and challenge them to look at the menu beforehand to identify options that are lower in added sugars, sodium, and saturated fat.

Put your kids in charge of planning dinner at home with USDA's [Create Your Own MyPlate Menu](#). This tool includes menus with all five food groups so your kids can learn how to make half their plate fruits and vegetables, incorporate low-fat or fat-free milk or yogurt, opt for whole grains, and limit sodium, saturated fat, and added sugars. When it comes to crafting a healthy menu, it's all about serving up a plate of success!

By modeling nutritious behaviors, stocking your home with nutritious options, involving your children in meal planning and preparation, and teaching them how to navigate food labels effectively, you're laying the groundwork for a lifetime of healthy eating habits. Remember, these habits aren't confined to the home, they can be used by your kids to make smart choices wherever they go! As you gear up for the back-to-school season, remember that the journey to health and wellness often starts at home.

## The Nutrition Facts Label Tip Card

### Quick Tips for Reading the Nutrition Facts Label

**Check the serving size** when comparing calories and nutrients in different food products. The nutrition information listed on the Nutrition Facts label is based on the serving size listed on the label.

**Consider the calories.** 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, and physical activity level. You can find your personal daily calorie needs at <https://www.fda.gov/downloads/Food/LabelingNutrition/UCM606203.pdf>

**Use Percent Daily Value (%DV) as a guide.** The %DV shows how much a nutrient in a serving of the food contributes to a total daily diet. As a general guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

**Nutrients to get less of include:** saturated fat, *trans* fat, sodium, and added sugars.

**Nutrients to get more of include:** dietary fiber, vitamin D, calcium, iron, and potassium.

Keep the Tip Card in your wallet or purse

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.