



# Heart Healthy Eating

4<sup>th</sup> Wed monthly 1-2 pm



This class focuses on low fat eating, portion control, fiber and antioxidant intake, label reading, shopping smart, and eating out. Held monthly

	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%



Note: Team hill federal employees can utilize LX leave to attend Health and Wellness classes upon supervisor's approval