

## Label Reading

Looking at ingredient lists lets you know exactly what you are eating.

- The list of ingredients is given in descending order by weight.
- Nutrient charts help you compare products for maximum nutrient availability.
- Nutrition labels also let you know the special qualities the food offers, such as “low fat,” “reduced fat” or “low sodium.”



*“I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.”  
Corinthians 9:27*



In this passage, Paul refers to the hard work and discipline required to be a great athlete and how he needs to follow the same self-discipline so he can preach about God properly. Just as you don't have to be a great preacher to praise God, you also don't have to be a great athlete to reap the benefits that come from exercise and being physically fit, but it may take great self-discipline and training.

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*“...you can enjoy the fat of the land.”  
Genesis 45:18*

Fats found in created foods, such as nuts, seeds, fruits, vegetables and legumes, are healthier than fats that are added to foods.

Limit your intake of hydrogenated fats/oils. During processing, these fats are altered and are harmful to your arteries.

To learn more visit:  
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