Food Fit for Life: A healthy eating and weight management program for Mount Sinai Health System employees

Week 3: Navigating your work place cafe

Mount Sinai

Introductions!!!

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Registered Diabetes and Certified Diabetes Educator
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As a participant in the Food Fit for Life

- 8 class visits
- Educational materials
- Guided tour of your work place café and local market

Walking tour today of your work place café!

- We are in search of a healthy snack!

Find a snack:

100-150 calories

≥3 grams of dietary fiber

Zero Trans fat

<140 mg of sodium

<20 grams of total carbohydrate

Reading food labels

- **Why is it important?**
  - **Review serving size**
  - **Check calories**
  - **Review/ limit – fat, cholesterol, sodium, total carbohydrate**
  - **Review fiber**
  - **Sugars**
  - **Protein**
  - **Vitamins**
  - **Foot notes**

Thank You!!

Questions & Answers

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