



FOOD

Food and your health

FDA regulates food to prevent foodborne illness, reduce diet-related chronic disease, ensure chemicals in food are safe.

Safe and healthful food is essential for brain growth, functioning, maintenance
It is an important factor in **SAFEST BRAINS**. Some examples below.

INFANTS

Formula, Neonatal starter parenteral nutrition, Baby/Toddler Food, Food contact materials like bottles, bottle inserts, nipples, any other products used to collect, store formula breast milk.

CHILDHOOD - ADOLESCENCE

ADULTHOOD

ELDERLY

Ready to Eat Products/Meals, Bakery Products, Dessert Toppings, Fillings, Cereals and other Grain Products, Beverages, Dairy Products, Dairy Substitutes, Egg and Egg Substitutes, Fats, Oils, Fish, Shellfish, Game Meats, Meat or Poultry Substitutes, Fruits, Fruit Juice, Legumes, Nuts, Seeds, Potatoes, Salads, Sauces, Dips, Gravies, Condiments, Snacks, Soups, Sugars, Sweets, Vegetables (select).

FDA HUMAN FOODS PROGRAM regulates 80% of US food supply

- Food (domestic, imported) promotes wellness and support day-to-day activities
- Prevent foodborne illness & diet-related chronic disease, ensure chemicals, food-contacting materials are safe
- Some focus areas: Infant formula, Fresh produce safety, Food allergies, 'Healthy' claim, Ultra-processed food, 'Medical' food, PFAS

For some products, works in collaboration with other federal agencies like USDA

Read the Nutrition Facts label

SERVINGS & CALORIES

Check serving size and servings per container. Calories and nutrients are listed per serving.

NUTRIENTS, % DAILY VALUE

5% DV or less is low; 20% DV or more is high. Compare fiber, sodium, saturated fat, added sugars, cholesterol.



MAKE THE RIGHT CHOICE

Check nutrition, practice food safety

READ LABEL

Compare serving size, calories, nutrients, and % Daily Value.: Low (5% less), High (20% or more). Check the ingredient list, allergens.

STORE SAFELY

Follow package storage directions and dates. Keep the refrigerator at or below 40°F and the freezer at 0°F or below.

PREPARE SAFELY

Clean hands and produce, separate raw foods, cook to safe temperatures, chill promptly.

Higher in %DV for Dietary Fiber, Vitamin D, Calcium, Iron, Potassium
Lower in %DV for Saturated Fat, Sodium, Added Sugars

Food Safety Checklist

- Check expiration date
- Check for damaged packaging or changes in color or smell
- Prevent cross-contamination with separate cutting boards
- Use a food thermometer when cooking meat, poultry, fish, and casseroles.
- Take extra care if pregnant, an older adult, or living with a condition that raises foodborne illness risk

Check for food-borne illness symptoms: Vomiting, Diarrhea, Abdominal pain, Flu-like symptoms- fever, headache, body ache

IF YOU EXPERIENCE A HARMFUL EFFECT

STOP USING THE PRODUCT AND SEEK MEDICAL CARE

Report serious problems to the FDA. 1-888-SAFEFOOD

Make informed choices

Learn more about nutrition and food safety resources

www.vysta.org/food

