

SEPTEMBER

Decoding the Nutrition Label



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***"Letting go is not:
erasing a memory or ignoring
the past.***

***Letting go is:
no longer reacting to things
that used to make you feel
tense. It is releasing the energy
attached to certain thoughts.***

- Yung Pueblo

SEPTEMBER IS HEALTHY AGING MONTH!

CELEBRATE!

- Falls Prevention Day: 9/24
- World Heart Day: 9/29
- National Women's Health & Fitness Day: 9/30

The Basics of THE NUTRITION FACTS LABEL

The Nutrition Facts label tells you what's in the food you're eating. It helps you determine if you have a healthy, balanced diet. Every packaged, or processed product should have a label.

STEP 1: START WITH THE SERVING SIZE

- Look here for both the serving size (the amount people typically eat at one time) and the number of servings in the package.
- Compare your portion size (the amount you actually eat) to the serving size listed on the panel. The Nutrition Facts applies to the serving size, so if the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients than what is listed on the label.

STEP 2: CHECK OUT THE TOTAL CALORIES

- Find out how many calories are in a single serving.

STEP 3: LET THE PERCENT DAILY VALUES BE A GUIDE

- Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan. Percent DV are for the entire day, not just one meal or snack. Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.

STEP 4: CHECK OUT THE NUTRITION TERMS

- **Low calorie:** 40 calories or less per serving.
- **Low cholesterol:** 20 milligrams or less and 2 grams or less of saturated fat per serving.
- **Reduced:** At least 25 percent less of the specified nutrient or calories than the usual product.
- **Good source of:** Provides at least 10 to 19 percent of the Daily Value of a particular vitamin or nutrient per serving.
- **Excellent source of:** Provides at least 20 percent or more of the Daily Value of a particular vitamin or nutrient per serving.
- **Calorie free:** Less than five calories per serving.
- **Fat free/sugar free:** Less than ½ gram of fat or sugar per serving.
- **Low sodium:** 140 milligrams or less of sodium per serving.
- **High in:** Provides 20 percent or more of the Daily Value of a specified nutrient per serving.

The Basics of

THE NUTRITION FACTS LABEL (CONT.)

STEP 5: CHOOSE LOW IN SATURATED FAT, ADDED SUGARS & SODIUM

- Eating less saturated fat, added sugars and sodium may help reduce your risk for chronic disease.
- Saturated fat and trans fat are linked to an increased risk of heart disease.
- Eating too much added sugar makes it difficult to meet nutrient needs within your calorie requirement.
- High levels of sodium can add up to high blood pressure.
- Remember to aim for low percentage DV of these nutrients.

STEP 6: GET ENOUGH VITAMINS, MINERALS, AND FIBER

- Eat more fiber, potassium, vitamin D, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for percentage DV of these nutrients.

STEP 7: CONSIDER THE ADDITIONAL NUTRIENTS

You know about calories, but it also is important to know about the additional nutrients on the Nutrition Facts label.

- **Protein:** A percentage Daily Value for protein is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans and peas, peanut butter, seeds and soy products.
- **Carbohydrates:** There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.
- **Sugars:** Simple carbohydrates, or sugars, occur naturally in foods such as fruit (fructose) and milk (lactose) or come from refined sources such as table sugar (sucrose) or corn syrup. Added sugars will be included on the updated Nutrition Facts label. The 2015-2020 Dietary Guidelines for Americans recommends consuming no more than 10 percent of daily calories from added sugars.

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories 280	
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*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.

Serving Size vs. PORTION SIZE

A key part of healthful eating means choosing appropriate amounts of different foods. When it comes to deciding how much to eat, the terms serving size and portion size are often used interchangeably. However, they don't mean the same thing.

SERVING SIZE

A standardized amount of food. It may be used to quantify recommended amounts, as is the case with the MyPlate food groups, or represent quantities that people typically consume on a Nutrition Facts label.

PORTION SIZE

The amount of a food you choose to eat — which may be more or less than a serving.

ESTIMATING PORTION SIZES

Measuring cups and spoons are great tools for making sure your portion is the same as the serving size, however, these tools aren't always available when you're getting ready to eat. Another way to estimate your portion is by comparing it to something else.

- **A baseball or an average-sized fist**



- Measures about 1 cup
- An appropriate portion size for raw or cooked vegetables, whole fruit or 100% fruit juice

- **A tennis ball or small, scooped handful**



- Measures about ½ cup
- Equal to 1-ounce equivalent for grains, such as pasta, rice and oatmeal

- **A deck of cards or the palm of the hand**



- Measures about 3 ounce-equivalents
- An appropriate portion size for fish, chicken, beef and other meats

- **The size of the thumb**



- Measures about 1 tablespoon
- An appropriate portion size for peanut butter or other nut spreads such as almond butter

- **A postage stamp or the tip of the pointer finger to the first joint**



- Measures about 1 teaspoon
- An appropriate portion size for oils or other fats

Measure foods regularly to get an idea of what the serving sizes look like. It becomes easier to pick the appropriate amount as you grow more accustomed to it. While serving sizes are a valuable tool, it's important to listen to your body while eating. If you are still hungry after eating one serving, that likely means you need more food. And if you're full on less than one serving, that's OK too.

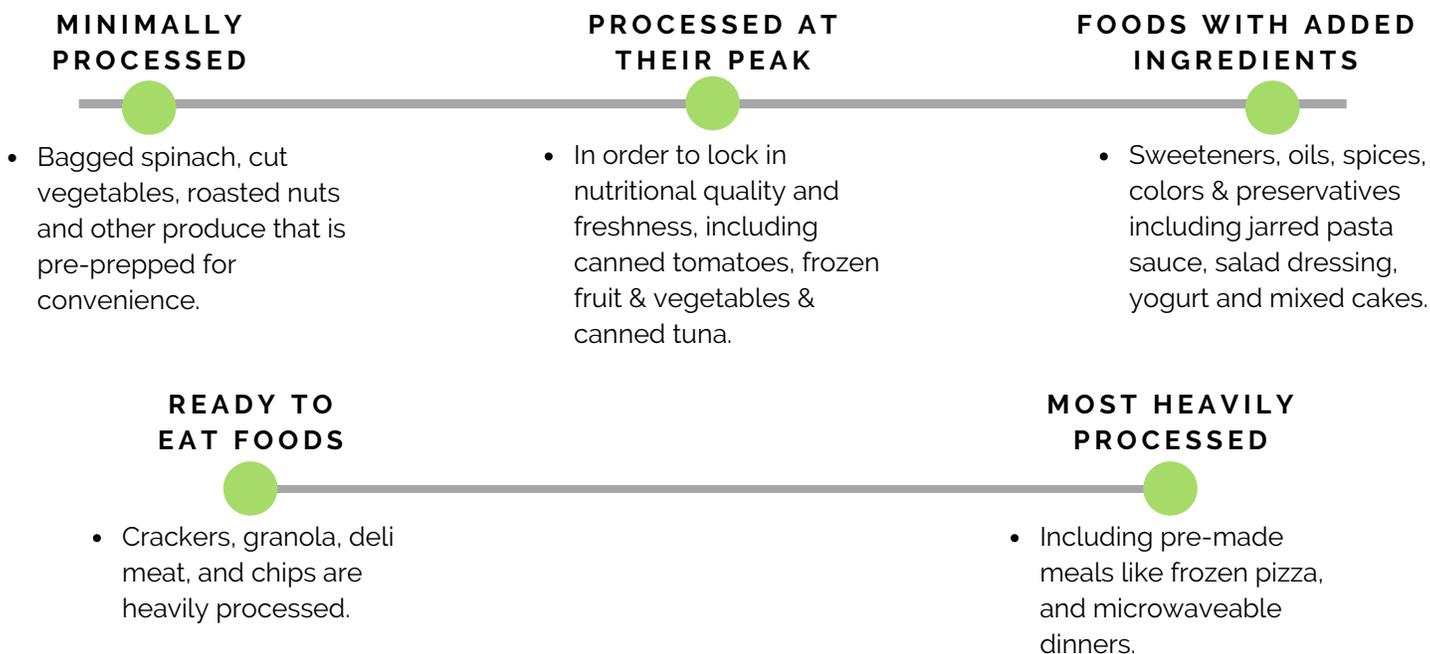
Processed Foods: WHAT'S OK & WHAT TO AVOID

Processed food has a bad reputation. It's blamed for obesity rates, high blood pressure and the rise of Type 2 diabetes. But processed food is more than boxed macaroni and cheese, potato chips and drive-thru hamburgers. It may be a surprise to learn that whole-wheat bread, homemade soup or a chopped apple also are processed foods. While some processed foods should be consumed less often, many actually have a place in a balanced diet. Here's how to sort the nutritious from the not-so-nutritious.

WHAT ARE THEY?

"Processed food" includes food that has been cooked, canned, frozen, packaged or changed in nutritional composition with fortifying, preserving or preparing in different ways. Any time we cook, bake or prepare food, we're processing food.

Processed food falls on a spectrum from minimally to heavily processed:



BOTTOM LINE:

Eating processed food in moderation is fine, but many of these foods, especially the ones that are most heavily processed, may contain high amounts of added sugar and sodium. Therefore, it's important to continue reading the Nutrition Facts labels to understand what you're consuming, especially if you have a pre-existing condition where eating high amounts of sugar and sodium could have increased detrimental effects.

The Scoop ON ADDED SUGARS

The 2015-2020 Dietary Guidelines for Americans recommend limiting added sugars to no more than 10 percent of your total daily calorie intake, which is 200 calories per day for a 2,000-calorie eating plan. Here's the scoop on the difference between naturally occurring and added sugars.

WHAT ARE ADDED SUGARS?

The term added sugar **does not include sugars that are found naturally in foods**. It refers to sugars or other sweeteners that are added to foods and drinks when they are processed or prepared. For instance, in addition to desserts and other sweets, **sugar may be added to foods such as breads, cereals, energy bars, ketchup, salad dressings and pasta sauces**. Added sugars may include different types of white or brown sugar. Molasses, honey and maple syrup may also be used as added sugars to sweeten foods and beverages.

THE TRICKY PART:

There are many different names for added sugars. Fortunately, the new Nutrition Facts Labels include information on the amount of added sugar per serving. Many manufacturers already have started to adapt the new label on their products, and the new Nutrition Facts label will appear on all food items by January 1, 2021.

If you're curious about what ingredients are contributing to the added sugar content, look to the ingredient list to help you know what to limit or avoid:

- Anhydrous dextrose
- Brown sugar
- Cane juice
- Confectioner's powdered sugar
- Corn sweetener
- Corn syrup
- Crystal dextrose
- Dextrose
- Evaporated corn sweetener
- Fructose
- Fruit nectar
- Glucose
- High-fructose corn syrup (HFCS)
- Honey
- Invert sugar
- Lactose
- Liquid fructose
- Malt syrup
- Maltose
- Molasses
- Nectars (e.g., peach or pear nectar)
- Pancake syrup
- Raw sugar
- Sucrose
- Sugar cane juice
- Trehalose
- Turbinado sugar
- White granulated sugar

NOT ALL SUGAR IS BAD... SUGAR CAN BE FOUND IN HEALTHFUL FOODS:

Some naturally occurring sugars are found in healthful foods. For example:

- **Dairy products** contain a natural form of sugar called lactose, but they also provide protein, calcium and vitamin D.
- **Fruits and vegetables** may contain a variety of natural sugars, but they also provide dietary fiber, vitamins, minerals and antioxidants.
- **Grains** provide some naturally occurring sugars, as well as vitamins and minerals. And many whole grains are good sources of dietary fiber and may provide additional nutrients, too.



The Deal WITH SODIUM

Though you need some sodium, when it comes to this mineral, too much may be bad for your health. Eating high-sodium foods regularly can cause your body to retain excess water. And, because of this extra body water, your organs have to work harder. This increases your risk for high blood pressure, which can harm your heart and kidney function.

WHAT FOODS ARE HIGHEST IN SODIUM?

Some foods naturally contain sodium. Others have added salt — and foods with added salt usually contain higher amounts of sodium, so check the Nutrition Facts label and look for options that are lowest in sodium.

Only a small number of foods account for the majority of sodium consumed in the United States, and examples include:

- Mixed dishes including pizza, sandwiches, burgers, burritos and tacos.
- Processed meats such as bacon, sausage, lunch meats and hotdogs.
- Breads and rolls or grains that include sauces or seasonings that include salt.
- Canned vegetables and soups or frozen dinners.
- Snacks including chips, pretzels and crackers.
- Condiments including salad dressings.

HOW TO KNOW HOW MUCH SODIUM IS IN FOODS?

The best way to learn how much sodium is in particular foods is by reading the Nutrition Facts label:

- On the label, look for foods that are lower in sodium. **Choose foods with less than 120 milligrams of sodium per serving.**
- Look for the words salt-free, sodium-free, very low sodium and low sodium on the label.
- Double-check sodium content of foods with labels that read unsalted, no salt added, reduced sodium or lower sodium. These items may still be high in sodium.

DID YOU KNOW?

An **adequate intake of 1,500 milligrams of sodium per day has been established for adults**, but most people consume more than that amount.

The typical American diet contains over 3,400 milligrams of sodium per day.

Most of that sodium comes from a combination of eating out and packaged convenience foods. Adding more salt at the table also adds to high intakes of sodium — one teaspoon of salt has 2,300 milligrams of sodium. If you are 14 years of age or older and eat more than 2,300 milligrams of sodium per day, the current health recommendation is to cut back on your daily intake of sodium.



MINDFUL MOMENTS

The Line OF CHOICE

You have more opportunities to own your experience of every day than you may know. And the Line Of Choice is a tool that can help you be in ownership of how your days can go.

There are moments where you can get swept up in emotions that cause you to act, well, not like the person you want to be. We call that a reaction. And a reaction is what takes you below the line; where you're reacting to your surroundings and not acting under your own power and self-control.

Fear not - you're not alone. We ALL do it.

And, the thing is: letting the world dictate how you feel and what's possible is simply not that helpful in the pursuit of a life you're excited about. Which is why we work to bring ourselves above the line - especially when goal setting, and really, in our day to day lives.

Here's how to start to put The Line Of Choice to work in your world:

Picture the last time you snapped at someone, lost your temper, or said something you didn't mean. Perhaps you immediately regretted your actions, or felt as if you were no longer in control of your emotions.

Maybe you were afraid, judgemental, resentful, doubtful, or even sarcastic. Whatever the situation, isolate the feeling, and tune in to see if you can sense what was happening in your body when you were in the reaction.

Understanding your reactions is so incredibly helpful to give yourself the upper hand in knowing what sets you off - and what you need to restore yourself back to your fully-you self.

If you need a hand bringing language to your experience, this chart offers more ways to articulate what your reactions may be (all the words below the line):



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MINDFUL MOMENTS

The Line OF CHOICE (CONT.)

Remember the distinction: When above the line of choice—or in choice—you're loving and curious, forgiving, and faithful. In these states you are in charge; self-possessed and in control of your thoughts and feelings. You're able to thoughtfully participate in interactions and respond intelligently to your emotions.

In the inverse, when below the line of choice—or in reaction—you're fearful and negative, worried and resentful, judgemental or guilt-ridden. These states can seem to take control of you; you may say or do things that you aren't proud of later. In reaction, that is all you are doing; physically and instinctually reacting to the world around you without making clear, cognizant choices about how to act or move forward.

LINE OF CHOICE EXERCISE:

▶ Think back to the last 24 hours. When was the most recent time you can think of where you went below the line of choice? It could be a very small moment, or something big. Write it down below.

▶ Think about the last time you reacted in a situation, felt guilty, worried, fearful, doubted yourself, didn't speak up, or simply snapped without thinking. What happened? Is this common? Can you envision yourself in that situation again and stay above the line of choice and respond again with humor, love or forgiveness? What happens? How does your body feel?

N O U R I S H

STRAWBERRY POPPYSEED SALAD WITH SEARED SALMON

Recipe From: Misfits Market



salad

- 4 cups lettuce
- 1 large cucumber, thinly sliced
- 1/2 red onion, cut into half moons & thinly sliced
- 1 cup strawberries, stems removed & quartered
- 1/4 cup castelvetro olives, pitted
- 1/2 cup feta, crumbled

dressing

- 1 cup strawberries, stem removed
- 1 tablespoon fresh lime juice
- 3 tablespoons honey
- 1/2 cup extra virgin olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon poppy seeds

salmon

- 2 portions salmon
- 1 tablespoon cooking oil
- 1 teaspoon salt
- 1/2 cup extra virgin olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon salt; 1 tsp black pepper
- 1 teaspoon cajun seasoning or spice mix of your choice

recipe preparation

- On a large platter or in a big salad bowl, add the lettuce. Layer the cucumber slices, onion slices, and quartered strawberries over the lettuce. Then, crumble the feta and sprinkle the olives on top.
- For the dressing, use a blender to combine strawberries, lime juice, honey, vinegar, salt, and pepper. Blend until smooth and consistent, thinning out with water if needed. Transfer to a small jar and stir in the poppyseeds.
- Meanwhile, pat salmon portions dry and season with salt, pepper, and other seasoning of choice. (We chose a smokey Cajun blend.) Bring a large skillet to medium heat and add cooking oil. When the pan is hot, add salmon pieces and cook for 3-5 minutes or until salmon is golden brown and seared on the bottom. Refrain from moving during this time.
- When ready, flip and turn off heat. Leave the salmon in the hot pan as it cools to continue cooking the fish for another 3-5 minutes.
- Layer salmon over salad. Pair the dressing alongside the salad or drizzle on top. Serve immediately and enjoy!