



Fit For The Future . . .

Issue # 9

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Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Values*	
Total Fat 12g	18%
Saturated Fat 3g 15%	
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g 0%	
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



READ ANY GOOD LABELS LATELY?

If you don't read the food labels found on the outside of food packages when you grocery shop you're missing information that could help improve your diet and save you money. In addition to finding the name of the food product on the front of the package you may also find nutrient and health claims.

Nutrient claims such as "low fat," "high fiber," and "light", must accurately describe the product as it compares to the regular version of the food. For example, a "light" salad dressing must have at least 50% less fat or 1/3 fewer calories than a regular dressing. Other claims you might see include: "fat-free," "low sodium," and "reduced calorie."

Health claims are optional information on food labels. Health claims link food or food components to disease prevention. They are strictly regulated by the Food and Drug Administration (FDA).



GET MOVING - BURNING CALORIES

A calorie is a unit used to measure energy - food energy. When it comes to measuring calories in food, 1 gram of fat has 9 calories, 1 gram of protein has 4 calories and 1 gram of carbohydrate has 4 calories. You gain weight when you consume more calories than your body needs, and lose when you consume less calories than your body needs. Want to know which activities burn the most calories? This chart will give you an estimation. Keep in mind these amounts depend on individual body weight and intensity of the exercise.

<u>Activity</u>	<u>Approx. Calories burned per minute</u>
Aerobic Dancing (easy)	4-7
Bicycling	3-5
Cleaning	4-5
Gardening	4-6
Golf	4-7
Jump Rope (easy)	7-12
Rollerblade	4-6
Walk (easy)	2-5
Walk (brisk)	4-9

DID YOU KNOW . . . ?

- ✓ Similar food products have similar serving sizes. This makes it easier to compare foods.
- ✓ % Daily Value shows how a food fits into the overall diet. These numbers can help you avoid eating too much fat, saturated fat, cholesterol, and sodium.
- ✓ Two vitamins, A and C, and 2 minerals, iron and calcium, along with fiber are required on the food label because most people do not eat enough of them each day. Companies can voluntarily list other vitamins and minerals in the food.
- ✓ Ingredients are listed in descending order by amount: largest ingredient first, smallest listed last.

Daily Values

The percent daily value (%DV) on the Nutrition Facts Panel tells you if the food contributes a lot or a little of a particular nutrient. Choose products with low %DV for total fat, saturated fat, cholesterol and sodium. Limit the total intake of these nutrients to less than 100% DV from all foods throughout the day.

In order to get enough of the essential nutrients like dietary fiber, vitamins, calcium and iron, look for products with high %DV for those nutrients. Try to average 100% DV for each of these nutrients every day.

Quick Guide to Percent Daily Value (%DV)

→5% or less is low

→20% or more is high

FAMILY ACTIVITY



Get family members to pull some of their favorite foods from the pantry. After reading the Nutrition Facts panels, line up the foods in order of their nutritional value, from highest to lowest. Remember to look at % DV for total fat, saturated fat, cholesterol, sodium, dietary fiber, vitamins, calcium and iron.

As a family, set a goal to try a snack food that has daily values of less than 5% for total fat, saturated fat, cholesterol and sodium. Also try to choose one that has a 20% or greater daily value for one of the essential nutrients. (Hint - Snacks don't have to be cookies, chips and candy. A glass of milk or a handful of raisins makes a great snack!)

CLIP AND COOK

Pork Chop Casserole

4 pork chops	Salt and pepper to taste
2 potatoes	1 (10 $\frac{3}{4}$ ounce) can cream of mushroom soup, reduced fat and sodium
2 carrots	
1 medium onion	$\frac{1}{2}$ soup can water
1 green pepper	

Brown pork chops in small amount of oil and place in casserole dish. Slice potatoes, carrots, onion and pepper. Layer over chops. Add salt and pepper to taste. Mix soup with about $\frac{1}{2}$ soup can of water and pour over the vegetables. Bake about 1 hour at 350°. Thickness of pork chops may vary cooking time. Serves 4.

Nutrition Facts

Amount Per Serving

Calories 280	Sodium 659 mg
Total Fat 8 g	27% of total calories from fat
*Vitamin A 103%	*Vitamin C 44%
*Calcium 7%	*Iron 8%

