Nutrition Nuggets

Traci P. Scott, RN, CDECS
Nutrition:

- Nutrition is the process of providing or obtaining the food necessary for health and growth.

Sometimes we get lost in “nutrients” vs. “food”. Eat “food”, not “nutrients”.
DIET is a four letter word.
MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

**Fruit:**
Eat fruits of all colors. Go for fruit instead of juice, which has more fiber and fewer calories.

**Grains:**
Eat mostly whole grains. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more fiber, iron, and B vitamins.

**Vegetables:**
The more colors and types that you eat, the better! Aim to get mostly non-starchy veggies.

**Dairy:**
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

**Protein:**
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.
My Plate Concepts:

- Balance calories
- Enjoy food, eat less
- Avoid oversized portions
- Obvious food groups to increase and decrease
Dietary Guidelines for Americans

- Evidence based recommendations for food designed to promote health & reduce risk of chronic disease for healthy Americans 2 yo and up.
- Developed & revised every 5 years by HHS & USDA
- My Plate sums this up.
Recommendations:
<10% calories from added sugars
<10% calories from saturated fats
<2300 mg salt

Alcohol:  women: 1 drink/day
         men: 2 drinks/day
Serving Size vs. Portion Size

Serving Size: measured amount of food or drink on nutrition label.

Portion Size: the amount actually eaten by someone.
Complete Proteins

- Proteins that contain all of the essential amino acids.
- Examples: milk, meat
Starches

- Found naturally in some foods
- Added to other foods as a thickener or as a stabilizer
- Function: along with sugars, are main source of calories. Breaks down into glucose, which is the primary energy source.
Non-Carbohydrate Categories

- **Meats & Protein:** beef, chicken, turkey, seafood, eggs, cheese, tofu
- **Fats:** oils, butter, margarine, sour cream, mayonnaise
- **Non-Starchy Vegetables:** any vegetable that is bring in color, can be eaten raw, and usually found in a salad

- HOWEVER, large servings of these foods can affect blood sugars and add extra calories to the diet. And, if any of these non-carb foods are breaded or have a crust, then they have added carbs. As in anybody’s diet, the serving sizes of these foods should be controlled to maintain a healthy diet and weight.
Fiber

Two types:

1. Soluble: dissolves in water; helps lower cholesterol and blood sugar
   
   Examples: oats, citrus fruits

2. Insoluble: promotes movement of foods through digestive system; helps with regularity
   
   Examples: nuts, wheat bran
Good Fat vs. Bad Fat

- Mono-unsaturated and Poly-unsaturated fats
  - lower risk of certain diseases by helping to reduce LDL cholesterol
  - contribute Vitamin E to diet
  - liquid at room temp and solid when chilled
    - Examples: olive oil, canola oil, corn oil

- Trans Fats:
  - Examples: foods processed with partially hydrogenated oil

- Saturated Fats:
  - Examples: red meat, butter
Trans Fats

- Natural and artificial
  - Naturally occurring: produced in gut of some animals (cows-milk)
  - Artifically produced through chemical process
  - Cheap
  - Raise LDL and lower HDL cholesterol, triglycerides, c-reactive protein.
  - Function: enhance taste and texture
    make foods last longer

Examples of foods with trans fats:
Bacon, frozen pizza, fried fast foods, microwave popcorn.

https://www.nbcnews.com/health/health-news/trans-fat-ban-saved-lives-new-york-study-shows-n745631
Poly-Unsaturated Fats

- lower LDL levels
- contribute Vit. A
- provide essential fats: omega-3 & omega-6 fatty acids
- liquid at room temp. but start to solidify when chilled.

Examples: soybean oil, corn oil, sunflower oil, walnuts, sunflower seeds, tofu

https://healthyforgood.heart.org/eat-smart/articles/polyunsaturated-fats
Mono-Unsaturated Fats

- lower risk of certain diseases by helping to reduce LDL cholesterol
- contribute Vitamin E to diet
- liquid at room temp and solid when chilled

Examples: olive oil, canola oil, corn oil

https://healthyforgood.heart.org/eat-smart/articles/polyunsaturated-fats
Carbs are found in more than just starchy/sweet foods...

- Grains
- Fruits
- Milk
- Starchy Vegetables
- Meat (IF it’s breaded.)
### Changes to the Nutrition Label

**Nutrition Facts**

**Serving Size**: 1 cookie (30g)

**Servings Per Container**: 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 150</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories from Fat 90</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 10g</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 6g</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 25mg</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Sodium 75mg</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 15g</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Sugars 10g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
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**Calories per gram:**

- Fat 9
- Carbohydrate 4
- Protein 4

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**Includes 6g Added Sugars**: 12%

**Vitamins A & C are no longer required, Vitamins D & Potassium have been added as required along with Calcium & Iron**

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**Fiber has been defined**

**Footnote table goes away and statement changed to explain what DV means**

**Single Size Containers containing less than 200% of RACC must be labeled as Single Serving**

**Bigger type size for Calories & Serving Size; Calories from Fat removed**

**Updated DVs for Added Sugars, Sodium, & Fiber**

**Added Sugars are now required**

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Compliance By: July 28th, 2018

Manufacturers with less than $10 million annual sales will have an extra year to comply.
Simple Put...

- Eat food (not processed food)
- Not too much (moderation)
- Mostly plants (promotes health & longevity)
It’s All About Choices