What's In There?– Paying attention to food

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Share your success or challenge!

First things first:

1. Write your weight on your chart.
2. Draw a line from your second week's weight to the third.
3. Take out your F&F Log.
   a) Were you all able to fill it out each day?
   b) Were you able to add in the calories/portion size?
   c) Make a note about how you did this week.

What is "In There?"

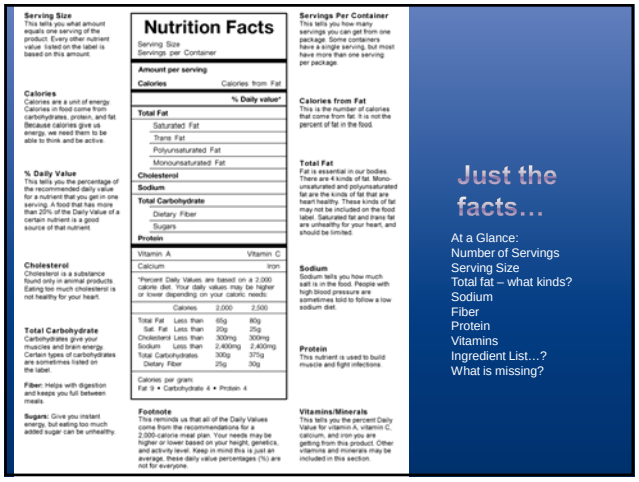
- Food is complicated. Getting to know food is a life-long journey.
- Focus on what you do know. Then look further! What tools do we have?
  - Labels, Ingredients & Interest in learning more.
- Reading the label is always to first step to selecting food.
- The next step is learning what's NOT on the label…

Know what you eat to Lose Weight and KEEP IT OFF!

- To lose weight you MUST USE MORE CALORIES than you take in.
  - – 2000 calories (food eaten) – 1500 calories (metabolism, exercise) = 500 calorie gain.
  - – 1500 calories (food eaten) – 2000 calories used (metabolism, exercise) = 500 calories loss.
  - – There are ~3500 calories in 1 pound of body fat. *So – if you have a 500 calorie loss, how many days will it take you to lose a pound?*

Find Inconsistencies

- On F&F Log – Circle foods with surprising stats:
  1. Foods that the calories were much higher than expected.
  2. Foods that you didn't know and had to estimate.
  3. Are there any common treads in the circled foods?



What about ingredients?

- **Ingredient lists can tell you more!**
- What ingredients are in a food? Listed in order from highest to lowest weight.
- Allergy warnings
- Whole Grains? Sweetening sources? Fat Sources?
- For overall health, the **fewer ingredients**, the better.
- For overall health, perceived value (they'll pay more for it) AND customer loyalty (they'll keep coming back)– **make it yourself!**

Look at the fine print… | **Think of what's NOT listed…**

What about ingredients?

- **Quaker Chocolate Flavor Granola Bites Ingredient List**
- WHOLE GRAIN ROLLED OATS, WHOLE GRAIN PUFFED CEREAL (WHOLE GRAIN WHITE CORN, WHOLE GRAIN OAT FLOUR, WHOLE WHEAT FLOUR, WHOLE GRAIN BROWN RICE FLOUR, SUGAR, CALCIUM CARBONATE, SALT, BHT [A PRESERVATIVE]), SUGAR, PARTIALLY HYDROGENATED PALM KERNEL AND PALM OIL*, NONFAT DRY MILK, HIGH FRUCTOSE CORN SYRUP, POLYDEXTROSE, SOYBEAN OIL, DRIED WHOLE MILK, SOY LECITHIN, COCOA, COCOA PROCESSED WITH ALKALI, MOLASSES, HONEY, SODIUM BICARBONATE, NATURAL AND ARTIFICIAL FLAVORS.
- *ADDS A DIETARILY INSIGNIFICANT AMOUNT OF TRANS FAT
- CONTAINS WHEAT, SOY AND MILK INGREDIENTS.
- MAY CONTAIN TRACES OF PEANUT AND TREE NUTS.

- **Quaker Old Fashioned Oats Ingredient List**
- 100% NATURAL WHOLE GRAIN QUAKER QUALITY ROLLED OATS.

***What's a "trivial amount"?**

What is the difference?

Ingredients to look for

Sweeteners
- Cane Sugar
- All corn sweeteners: High Fructose Corn Syrup, Corn Syrup
- Anything ending in "ose" – fructose, sucrose, maltose, dextrose
- Honey, molasses, syrup, juice
- Artificial Sweeteners: sucralose, saccharin, aspartame, acesulfame.

Fat Types
- Oils at room temperature are best: Olive, Canola, Corn, Safflower, Soybean, Sunflower
- Butter, margarine, lard, "partially hydrogenated" anything

Ingredients to look for

Colorings
- Yellow 5
- Yellow 6
- Red 40
- Red 3
- Blue 1
- Blue 2
- Green 3
- Orange B

Sodium Sources
- Salt
- Sodium chloride
- MSG
- Soy sauce
- Described as "broth, cured, pickled, corned or smoked."

More Ingredients

Examples of Vitamins
- Calcium
- Beta carotene
- Retinyl palmitate
- Thiamine mononitrate
- cyanocobalamin
- gluconate
- methionine
- Polynicotinate
- Citrate
- lactate

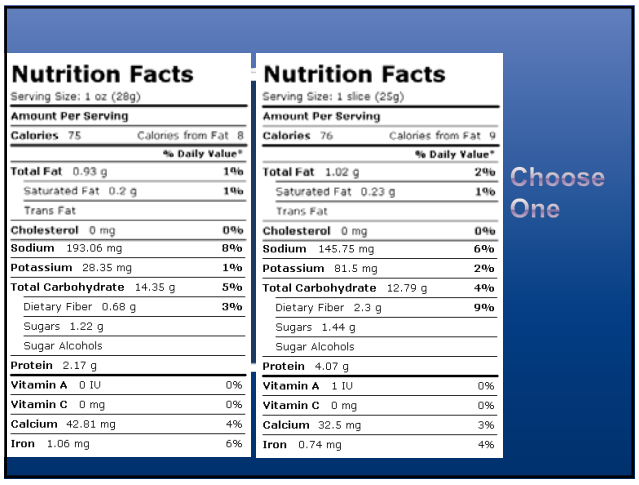

Suggested use:
Shake well. Take 1 oz. per day. Refrigerate after opening.

Supplement Facts

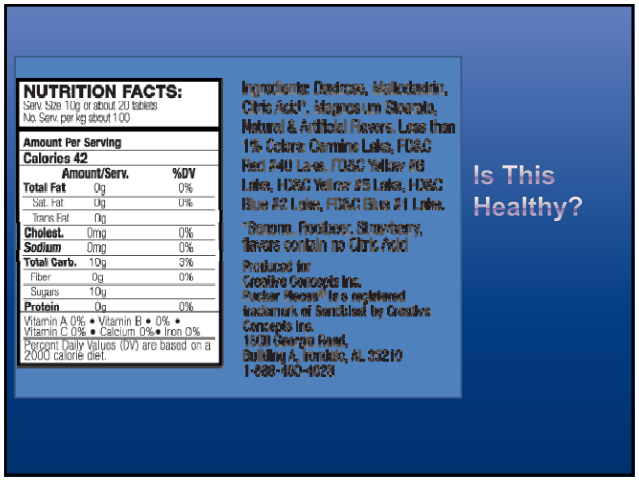
	Amount Per Serving	%Daily Value
Calories	40	
Total Carbohydrate	10 g	3%
Sugars	10 g	†
Vitamin A (as retinyl palmitate and 10% beta carotene)	6250 IU	125%
Vitamin C (as calcium ascorbate)	75 mg	125%
Vitamin D (as cholecalciferol)	500 IU	125%
Vitamin E (as d-alpha tocopheryl acetate)	38 IU	125%
Vitamin K	100 mcg	125%
B1 (as thiamine mononitrate)	1.9 mg	125%
Riboflavin	2.1 mg	125%
Niacin (as niacinamide)	25 mg	125%
B6 (as pyridoxine hydrochloride)	3 mg	125%
Folate (as folic acid)	500 mcg	125%
B12 (as cyanocobalamin)	6 mcg	125%
Biotin	373 mcg	125%
B5 (as calcium pantothenate)	13 mg	125%
Calcium (as lactate)	150 mg	15%
Magnesium (as gluconate)	50 mg	13%
Zinc (as gluconate)	8 mg	58%
Selenium (as methionine)	35 mcg	50%
Copper (as gluconate)	1.65 mg	90%
Manganese (gluconate)	1.65 mg	80%
Chromium (as polynicotinate)	90 mcg	58%
Sulfur	175 mg	7%
Potassium (as citrate)	25 mg	1%
L-alanine	75 mg	†
L-glycine	2 mg	†
Proprietary Blend: Choline Bitartrate, Inositol, Taurine, Silica, Alpha-Lipoic Acid, Dimethylglycine	200 mg	†
Stevia Extract 95% (Stevia rebaudiana) Whole leaf	35 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value Not Established.

Other Ingredients: Purified water, fructose, sodium polycarboxylate, calcium stearate, natural flavors, malic acid, sucralose, acesulfame potassium, lecithin.


Nutrition Facts
Serving Size: 1 oz (28g)
Amount Per Serving
Calories 75 Calories from Fat 8
% Daily Value*
Total Fat 0.93 g 1%
Saturated Fat 0.2 g 1%
Trans Fat
Cholesterol 0 mg 0%
Sodium 193.06 mg 8%
Potassium 28.35 mg 1%
Total Carbohydrate 14.35 g 5%
Dietary Fiber 0.68 g 3%
Sugars 1.22 g
Sugar Alcohols
Protein 2.17 g
Vitamin A 0 IU 0%
Vitamin C 0 mg 0%
Calcium 42.81 mg 4%
Iron 1.06 mg 6%
Nutrition Facts
Serving Size: 1 slice (25g)
Amount Per Serving
Calories 76 Calories from Fat 9
% Daily Value*
Total Fat 1.02 g 2%
Saturated Fat 0.23 g 1%
Trans Fat
Cholesterol 0 mg 0%
Sodium 145.75 mg 6%
Potassium 81.5 mg 2%
Total Carbohydrate 12.79 g 4%
Dietary Fiber 2.3 g 9%
Sugars 1.44 g
Sugar Alcohols
Protein 4.07 g
Vitamin A 1 IU 0%
Vitamin C 0 mg 0%
Calcium 32.5 mg 3%
Iron 0.74 mg 4%
Choose One


Nutrition Facts
Serv. Size 1 cup (249g)
Servings About 2
Calories 250
Fat Cal. 110
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Amount/serving %DV* Amount/serving %DV*
Total Fat 12g 18% Sodium 940mg 39%
Sat. Fat 6g 30% Total Carb. 24g 8%
Polyunsat. Fat 1.5g Dietary Fiber 1g 4%
Monounsat. Fat 2.5g Sugars 1g
Cholest. 60mg 20% Protein 10g 20%
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 8%
INGREDIENTS: WATER, CHICKEN STOCK, ENRICHED PASTA (SEMOLINA WHEAT FLOUR, EGG WHITE SOLIDS, NIACIN, IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2] AND FOLIC ACID), CREAM (DERIVED FROM MILK), CHICKEN, CONTAINS LESS THAN 2% OF: CHEESES (GRANULAR: PARMESAN AND ROMANO PASTE [PASTEURIZED COW'S MILK, CULTURES, SALT, ENZYMES], WATER, SALT, LACTIC ACID, CITRIC ACID AND DISODIUM PHOSPHATE), BUTTER (PASTEURIZED SWEET CREAM [DERIVED FROM MILK] AND SALT), MODIFIED CORN STARCH, SALT, WHOLE EGG SOLIDS, SUGAR, DATEM, RICE STARCH, GARLIC, SPICE, XANTHAN GUM, CHEESE FLAVOR (PARTIALLY HYDROGENATED SOYBEAN OIL, FLAVORINGS AND SMOKE FLAVORING), MUSTARD FLOUR, ISOLATED SOY PROTEIN AND SODIUM PHOSPHATE.
Is This Healthy?


NUTRITION FACTS:
Serv. Size 100 or about 20 tablets
No. Serv. per kg about 100
Amount Per Serving
Calories 42
Amount/Serv. %DV
Total Fat 0g 0%
Sat. Fat 0g 0%
Trans Fat 0g
Cholest. 0mg 0%
Sodium 0mg 0%
Total Carb. 10g 3%
Fiber 0g 0%
Sugars 10g
Protein 0g 0%
Vitamin A 0% • Vitamin B • 0% • Vitamin C 0% • Calcium 0% • Iron 0%
Percent Daily Values (DV) are based on a 2000 calorie diet.
Ingredients: Dextrose, Maltodextrin, Citric Acid*, Magnesium Stearate, Natural & Artificial Flavors. Less than 1% Calcium Carmine Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake, FD&C Yellow #5 Lake, FD&C Blue #2 Lake, FD&C Blue #1 Lake.
*Serum, Fruitbar, Strawberry, flavors contain no Citric Acid
Produced for
Creative Concepts Inc.
Packer Heese® is a registered trademark of Sandalad by Creative Concepts Inc.
1501 George Road,
Building A, Irondale, AL 35210
1-888-480-4020
Is This Healthy?


Nutrition Facts
Serving Size 1 bar (40g)
Servings Per Container 5
Amount Per Serving
Calories 140
Calories from Fat 35
% Daily Value*
Total Fat 4g 6%
Saturated Fat 1.5g 9%
Trans Fat 0g
Polyunsaturated Fat 0.5g
Monounsaturated Fat 1.5g
Cholesterol 0mg 0%
Sodium 90mg 4%
Total Carbohydrate 29g 10%
Dietary Fiber 9g 35%
Sugars 10g
Protein 2g
Vitamin A 2% • Vitamin C 0%
Calcium 10% • Iron 2%
*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
INGREDIENTS: CHICORY ROOT EXTRACT, CHOCOLATE CHIPS WITH CONFECTIONERS SHELLAC (CHOCOLATE CHIPS [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, MILK FAT, SOY LECITHIN], ETHANOL, SHELLAC, HYDROGENATED COCONUT OIL), ROLLED OATS, CRISP RICE (RICE FLOUR, SUGAR, MALT, SALT), BARLEY FLAKES, HIGH MALTOSE CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, CANOLA OIL, HONEY, GLYCERIN, MALTODEXTRIN, PALM KERNEL OIL, TRICALCIUM PHOSPHATE, SOY LECITHIN, SALT, NONFAT MILK, PEANUT OIL, COCOA PROCESSED WITH ALKALI, NATURAL FLAVOR, BAKING SODA, COLOR ADDED, ALMOND FLOUR, PEANUT FLOUR, SUNFLOWER MEAL, WHEAT FLOUR, MIXED TOCOPHEROLS ADDED TO RETAIN FRESHNESS.
CONTAINS SOY, MILK, ALMOND, PEANUT, SUNFLOWER AND WHEAT INGREDIENTS.

Other Label Claims

Common Ones
- Whole Grain
- Organic
- Low Fat
- No Trans Fat
- High Fiber
- Reduced vs. Low

WOW!

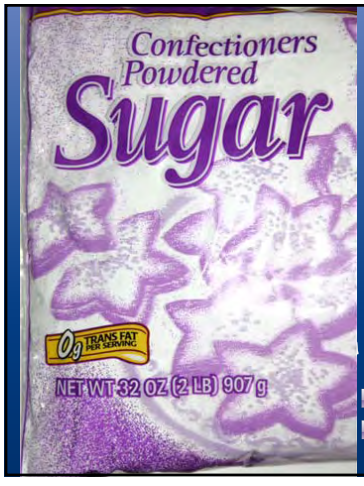
How much attention should you pay?

Some new ones
- Free Range
- Cage Free
- Fair Trade
- BPA free

What about
- "Smart Choice"
- "Healthy Choice"
- "Natural"
- "Green"
- "Made With"

How do I know if it's a good source of whole grain?

1. The word "whole" should appear in the first or second ingredient.
2. The food should have at least 3 grams of fiber PER SERVING



0 grams TRANS FAT!
100% Delicious!
Think about it.

Does trans fat free = healthy?

Trans fat is a buzz word. Pay no attention – look at the label.

Mono saturated fat is the best, followed by poly unsaturated fat.

Sources of trans?
Sources of saturated?
Sources of mono- and poly-?

DOES FAT FREE = HEALTHY?

Labels and Ingredients and Claims, Oh my…

- There are hundreds, perhaps thousands of nutrients that are **not** listed on the label – that may not yet be identified.
- The Nutrition Facts label is a great starting place – but it is not the bottom line.
- Get Educated! The more you know, the better your choices will be.
- Pay no attention to claims on the front.
- Concentrate on whole, un-processed foods.
- The Million Dollar Question: Finding the balance between what you will eat, and what you should…

Remember YOUR Goals?



1. Weight Loss
2. Exercise
3. Healthy Habits

Review all three goals

- How are they working?
- Are you meeting them?
- If you need to change your goals – DO SO! *Remember, achievable, specific, measurable, time for completion.*

Tip: Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.



Food and Fitness Log

This weeks mission: Record everything you eat + portion size + calories + activity + emotion

Calorie King Fun

Find these:

- Klondike Choco Taco
- Bernstein's Creamy Caesar Salad Dressing

Now add up one of your meals from last week.

Calculate calories in YOUR recipes: www.caloriecount.about.com – click on "Foods" then "New Recipe." Copy and paste a recipe or type it in and click "Analyze."

FREE Resources

The best resource…is one that you actually use…

- Want a free printed log ("Food & Fitness Tracker")? *Go to:* http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=71 *you just put one in your "cart" and click "check out." One copy is* ***free*** *– they will ask you for your name, address, telephone number etc.*
- Want a free cookbook? "Keep the Beat Recipes for a Healthy Heart." You may order one of each for FREE! *http://hp2010.nhlbihin.net/healthyeating/*

Positive Thinking

- Food information is another tool in your toolbox.
- Start thinking of it as fuel, not food.
- Be Aware.
- Be Accountable.
- Make changes Pro-actively.

Remember - 4 Keys to Success

Getting to and Maintaining a Healthy Weight

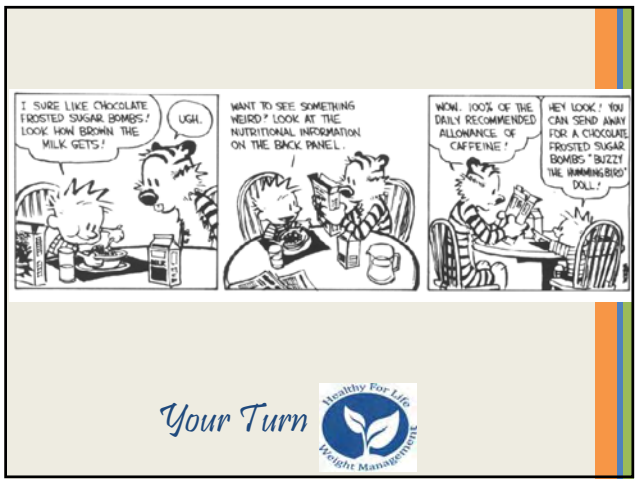
1. **Low-calorie diet**
2. **Regular and varied exercise**
3. **Very little (1hr. or less/day) television.**
4. **Eating Breakfast EVERY day**

This Week:

1. NEW! ***Challenge:*** One day this week, do the log the night before. Planning can help you eat within your goals.
2. DO what you've decided that you will to meet your goals.
3. PRINT another week for the food and fitness log.
4. RECORD your food, fitness and weight in your log.
5. BRING your binder and log to our next webinar.

Our next meeting is Monday from 12-1pm.

Let us know if you have any questions during the week.


I SURE LIKE CHOCOLATE FROSTED SUGAR BOMBS! LOOK HOW BROWN THE MILK GETS!
UGH.
WANT TO SEE SOMETHING WEIRD? LOOK AT THE NUTRITIONAL INFORMATION ON THE BACK PANEL.
WOW. 100% OF THE DAILY RECOMMENDED ALLOWANCE OF CAFFEINE!
HEY LOOK! YOU CAN SEND AWAY FOR A CHOCOLATE FROSTED SUGAR BOMBS "BUZZY THE HUMMINGBIRD" DOLL!

Your Turn