



What's in there?

Learning what's in food

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Knowledge is power




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Any successes or challenges to discuss?

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Reflect on your week

1. Write your weight on your chart.
2. Draw a line from your third week's weight to the fourth.
3. Review your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Any notes on your physical activity to celebrate?
 - b) Make a note about how you did this week.



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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 a good first step to selecting food.
- The next step is learning what's NOT on the label...



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Know what you eat

For weight loss, you get the best results by focusing on your food intake. You must learn this skill for life-long “diet” success! It helps fit together the puzzle of a diet just for you.

- What types of things do you typically eat?
- What do you really enjoy?
- How does it fit into an overall healthy diet?
- What can you tweak to lose weight?



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Getting to Know Yourself



On F&F Log – Find foods with surprising stats:

1. Foods that are repeated in a week.
2. Foods that are high in calories.
3. Are there any common trends?



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Serving Size
This tells you what amount equals one serving of the product. Every other nutrient value listed on the label is based on this amount.

Calories
Calories are a unit of energy. Calories in food come from carbohydrates, protein, and fat. Because calories give us energy, we need them to be able to think and be active.

% Daily Value
This tells you the percentage of the recommended daily value for a nutrient that you get in one serving. A food that has more than 20% of the Daily Value of a certain nutrient is a good source of that nutrient.

Cholesterol
Cholesterol is a substance found only in animal products. Eating too much cholesterol is not healthy for your heart.

Total Carbohydrate
Carbohydrates give your muscles and brain energy. Certain types of carbohydrates are sometimes listed on the label.

Fiber: Helps with digestion and keeps you full between meals.

Sugars: Give you instant energy, but eating too much added sugar can be unhealthy.

Nutrition Facts

Serving Size
Servings per Container

Amount per serving	
Calories	Calories from Fat
% Daily value*	
Total Fat	
Saturated Fat	
Trans Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein	
Vitamin A	Vitamin C
Calcium	Iron

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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 Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Footnote
This reminds us that all of the Daily Values come from the recommendations for a 2,000-calorie meal plan. Your needs may be higher or lower based on your height, genetics, and activity level. Keep in mind this is just an average, these daily value percentages (%) are not for everyone.

Servings Per Container
This tells you how many servings you can get from one package. Some containers have a single serving, but most have more than one serving per package.

Calories from Fat
This is the number of calories that come from fat. It is not the percent of fat in the food.

Total Fat
Fat is essential in our bodies. There are 4 kinds of fat. Mono-unsaturated and polyunsaturated fat are the kinds of fat that are heart healthy. These kinds of fat may not be included on the food label. Saturated fat and trans fat are unhealthy for your heart, and should be limited.

Sodium
Sodium tells you how much salt is in the food. People with high blood pressure are sometimes told to follow a low sodium diet.

Protein
This nutrient is used to build muscle and fight infections.

Vitamins/Minerals
This tells you the percent Daily Value for vitamin A, vitamin C, calcium, and iron you are getting from this product. Other vitamins and minerals may be included in this section.

Just the Facts

Number of Servings

Serving Size

Total fat – what kinds?

Sodium

Fiber

Protein

Vitamins

Ingredient List...?

What is missing?

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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, you should recognize every ingredient.



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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.

VS

• Quaker Old Fashioned Oats Ingredient List

- 100% NATURAL WHOLE GRAIN QUAKER QUALITY ROLLED OATS.

*What's a "trivial amount?"

What is the difference?



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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, stevia

Fat Types

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



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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.”



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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

Serving Size 1fl. oz.
Servings per Container 32

	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 tocopherol 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)	8 mcg	125%
Biotin	375 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	50%
Selenium (as methionine)	35 mcg	50%
Copper (as gluconate)	1.00 mg	50%
Manganese (gluconate)	1.00 mg	50%
Chromium (as polynicotinate)	60 mcg	50%
Sodium	175 mg	7%
Potassium (as citrate)	25 mg	1%
Lutein	5 mg	↑
Lycopene	2 mg	↑
Proprietary Blend	200 mg	↑
Choline Bitartrate, Inositol, Taurine, Silica, Alpha Lipoic Acid, CoEnzyme Q10, Dimethylglycine		
Stevia Extract 85% (stevia rebaudiana)(whole leaf)	25 mg	↑
* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value Not Established.		

Other ingredients: Purified water, fructose, sodium acid sulphate, natural flavors, malic acid, potassium sorbate, sodium benzoate.



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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



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Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 cup (249g)	Total Fat 12g	18%	Sodium 940mg	39%
Servings About 2	Sat. Fat 6g	30%	Total Carb. 24g	8%
Calories 250	Polyunsat. Fat 1.5g		Dietary Fiber 1g	4%
Fat Cal. 110	Monounsatur. Fat 2.5g		Sugars 1g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	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?



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NUTRITION FACTS:

Serv. Size 10g 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% Colors: 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.

*Banana, Rootbeer, Strawberry,
flavors contain no Citric Acid

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Is This
Healthy?



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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.**



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Other Label Claims

- Whole Grain
- Organic
- Low Fat
- No Trans Fat
- High Fiber
- Reduced vs. Low
- Free Range
- Cage Free
- Fair Trade
- BPA free
- “Smart Choice”
- “Healthy Choice”
- “Natural”
- “Green”
- “Made With”



How much attention should you pay?



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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. Around 3 grams of fiber per serving.
3. Around 20g "whole grains" per serving.



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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?

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Considering organic? The Label says...

- First, know what it means – 95% from organic sources.
- Second, know what it does NOT mean. Natural vs. organic.
- Why Organic? Methods contribute to soil health, decrease use of chemicals. Sometimes lower in salt/sugar.
- Why Not? Not more nutritious, not safer, not more sustainable. Can be more expensive.



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What about supplements?



- What role do supplements play in a healthy lifestyle?
- Foods **ARE** your vitamins!
- What are good supplements to take?
- How should I choose my supplements?



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Labels, Ingredients and Claims, oh my!

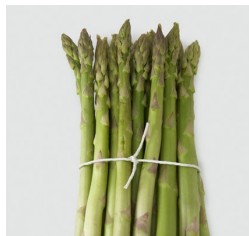
- There are hundreds, perhaps thousands of nutrients that are **not** listed on the label – that may not yet be identified.
- The Nutrition Facts label is a great starting place – but it is not the bottom line.
- Get Educated! The more you know, the better your choices will be.
- Pay no attention to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



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Food and Fitness Log

This week's mission:

Record everything you eat.

Record the portion size, calories, and activity.



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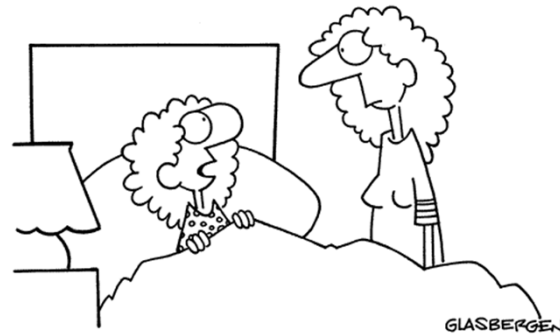
A Successful Food and Fitness Log

Start paying attention to detail.

- Dial in your serving size.
- Read all the labels.
- Don't estimate!

*Keeping track of your food intake is the **NUMBER ONE** most important step you can take to manage your weight!*

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"My teacher says we should eat 5 fruits and vegetables every day. Today I had 3 raisins and 2 peas."



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Remember YOUR Goals



1. Weight Loss



2. Exercise



3. Healthy Habits



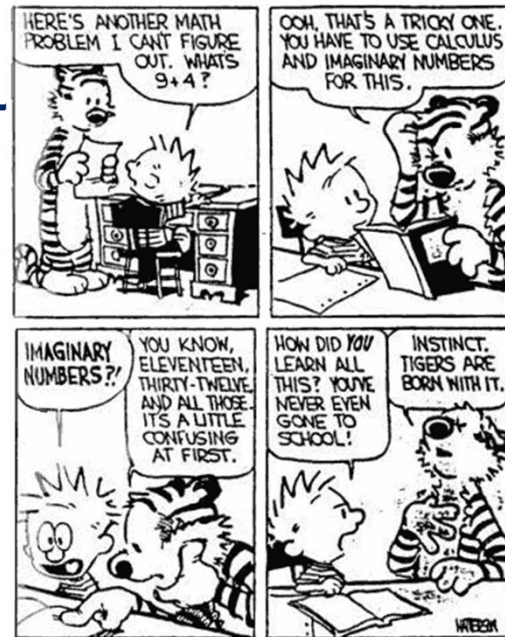
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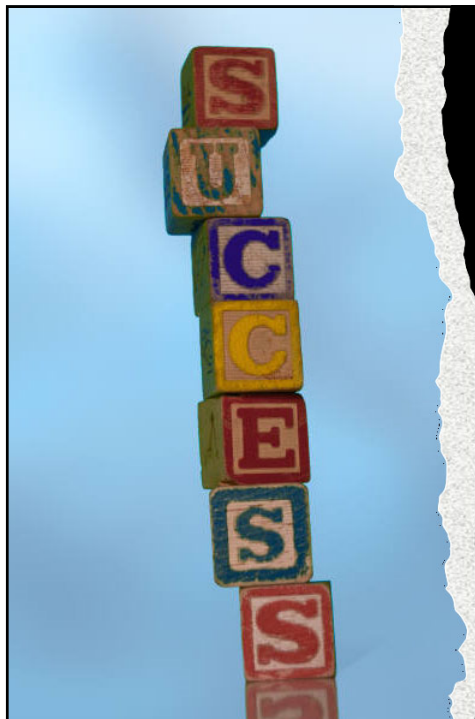
Goal Setting

- Review your three goals.
 - Are they working?
 - Is your weight changing?
- Remember, If you need to change your goal – DO SO!



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

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This Week:

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

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