

Knowledge is Power...



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 the 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:
 - Foods that the calories were much higher than expected.
 - Foods that you didn't know and had to estimate.
 - Are there any common trends in the circled foods?



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 nutrient is considered 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
Fiber helps with digestion and keeps you full between meals.

Sugars
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 diet of other people's misdeeds.

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

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. Use the percentage 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 cautioned to limit sodium intake.

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

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

Just the facts...

At a Glance:
Number of Servings
Serving Size
Total fat – what kinds?
Sodium
Fiber
Protein
Vitamins
Ingredient List...?
What is missing?

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, BITT (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	
Serving Size 16 oz.	
Servings per Container 32	
	Amount Per 1/2 Daily Serving
	Value
Calories	40
Total Carbohydrate	10 g 2%
Sugars	10 g †
Vitamin A (as retinyl palmitate and 10% beta carotene)	6250 IU 125%
Vitamin D (as calcium succinate)	75 mcg 150%
Vitamin E (as d-alpha-tocopherol)	500 IU 100%
Vitamin K (as alpha-tocopherol acetate)	38 IU 100%
Vitamin B1 (as thiamine mononitrate)	1.9 mg 100%
Vitamin B2 (as riboflavin)	2.1 mg 100%
Niacin (as niacinamide)	25 mg 100%
B6 (as pyridoxine hydrochloride)	3 mg 100%
Folate (as folic acid)	500 mcg 100%
B12 (as cyanocobalamin)	4 mcg 100%
Copper	0.75 mg 100%
SE (as calcium phosphate)	13 mg 100%
Calcium (as lactate)	100 mg 10%
Magnesium (as gluconate)	30 mg 10%
Zinc (as gluconate)	8 mg 10%
Starch (as methylcellulose)	35 mg 30%
Complex (as gluconate)	1.00 mg 30%
Manganese (as succinate)	1.00 mg 50%
Chondroitin (as polyglucosamine)	50 mg 20%
Sodium	175 mg 7%
Potassium (as citrate)	35 mg 1%
% Daily Values are based on a diet of other people's secrets.	
† Daily Value Not Established.	
Other ingredients: Purified water, sucrose, xanthan gum, potassium sorbate, natural flavors, natural colors, natural preservatives, natural sweeteners, natural essences, natural preservatives, natural flavors.	

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

Choose One

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	Monounsat. 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%			

Is This Healthy?

INGREDIENTS: WATER, CHICKEN STOCK, ENRICHED PASTA (SEMOLINA WHEAT FLOUR, EGG WHITE SOLIDS, NIACIN, IRON, TRIAMINE 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 ROMAN 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, OATMEAL, RICE STARCH, GARLIC, SPICE, XANTHAN GUM, CHEESE FLAVOR (PARTIALLY HYDROGENATED SOYBEAN OIL, FLAVORINGS AND SMOKE FLAVORING), MUSTARD FLOUR, ISOLATED SOY PROTEIN AND SODIUM PHOSPHATE.

NUTRITION FACTS:	
Serving Size: 10g or about 20 pieces 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 2,000 calorie diet.

Ingredients: Dextrose, Maltodextrin, Citric Acid, Magnesium Stearate, Natural & Artificial Flavors, Less than 1% Colors: Carmine Lakes, 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.

*Some Flavors, Strawberry, flavors contain no Citric Acid

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Is This Healthy?

Nutrition Facts		Vitamin A 2% • Vitamin C 0%	
Serving Size 1 bar (40g)		Calcium 10% • Iron 2%	
Servings Per Container 5			
Amount Per Serving		*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	140	Calories	2,000 2,500
Calories from Fat	35	Total Fat	Less than 65g 80g
% Daily Value*		Sat Fat	Less than 20g 25g
Total Fat 4g	6%	Cholesterol	Less than 300mg 300mg
Saturated Fat 1.5g	9%	Sodium	Less than 2,400mg 2,400mg
Trans Fat 0g		Total Carbohydrate	300g 375g
Polyunsaturated Fat 0.5g		Dietary Fiber	25g 30g
Monounsaturated Fat 1.5g		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 MALTOSTE 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 HEAL, WHEAT FLOUR, MIXED TOOPHEROLS ADDED TO RETAIN FRESHNESS. CONTAINS SOY, MILK, ALMOND, PEANUT, SUNFLOWER AND WHEAT INGREDIENTS.	
Cholesterol 0mg	0%		
Sodium 90mg	4%		
Total Carbohydrate 29g	10%		
Dietary Fiber 9g	35%		
Sugars 10g			
Protein 2g			

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?

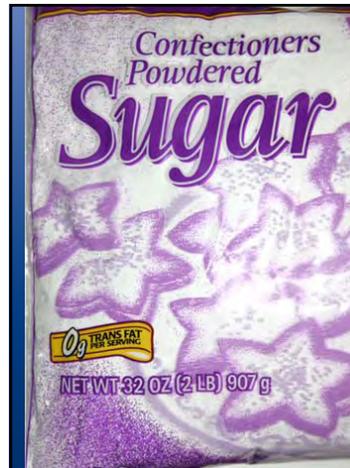
Some new ones

- 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



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?



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.



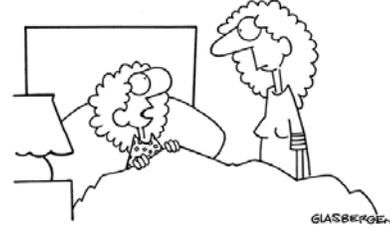
What about supplements?

- 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?

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...

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

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**



Unlock your potential



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.

The comic strip consists of four panels. In the first panel, a character says, "I SURE LIKE CHOCOLATE FROSTED SUGAR BOMBS! LOOK HOW BROWN THE MILK GETS!" and another character replies, "UGH." In the second panel, the first character says, "WANT TO SEE SOMETHING WEIRD? LOOK AT THE NUTRITIONAL INFORMATION ON THE BACK PANEL." In the third panel, the first character says, "NOW, 100% OF THE DAILY RECOMMENDED ALLOWANCE OF CAFFEINE!" and the second character replies, "HEY LOOK! YOU CAN SEND AWAY FOR A CHOCOLATE FROSTED SUGAR BOMBS 'BUZZY THE HUMMINGBIRD' DOLL!"

Your Turn

Healthy For Life
Weight Management