



nutrinews

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GROUP MEETINGS

Healthy Options on Campus

Nutrition Info and Demonstration Table

when: Every other Wednesday at Noon

where: Student Union food areas
location will vary, watch for us!

Changes for Life

healthy weight education and support group

when: every Tuesday at Noon

where: Campus Health (3rd Flr. East Conf. Rm)

cost: \$5 per meeting (or \$50 per semester)

Q: What should I look for on food labels?

A: Nutrition Fact labels on packaged foods provide practical information. Check out a food label as you take this quick tour of key features.

Serving size. Similar food products have similar serving sizes, making it easier to compare foods. Most serving sizes are based on amounts people actually eat. Note the serving size carefully because all of the nutrition information is "per serving". Caution: I recently saw a packaged muffin with a serving size of "1/3 muffin", at 180 calories/serving. If you didn't look at the serving size you wouldn't realize that the whole muffin is 540 calories!

Total Calories. Carbohydrate, protein and fat provide calories, each of which is listed separately in grams.

Percent Daily Value. Most people think this column shows the percent of each of the nutrients in a serving of the food. It really indicates the percent of daily recommendation of each nutrient in the serving of the particular food, based on a 2000-calorie diet.

Total Fat, Saturated Fat. A rule of thumb to easily determine whether an item has healthy levels of fat (<30% total calories) in a packaged food is ≤ 3 grams of Total Fat and ≤ 1 gram of Saturated Fat per 100 Total Calories.

Sodium. The daily recommendation is 2400 mg, but we often eat 3000 to 6000 mg. Reduce sodium to control water weight and possibly aid in blood pressure control. Athletes who train and compete in hot weather or for long periods of time may need the higher amounts.

Total Carbohydrate. Carbohydrates are found in grains, fruits, vegetables, dairy foods and added sugars.

Dietary Fiber. Indigestible carbs are called fiber. Fiber is

great for a feeling of fullness, blood sugar (and insulin) control, cholesterol control, blood pressure control, colon health and regularity. Your goal: 25-30 g/day.

Sugars. This includes both natural (good) and added sugars (limit), making this value only marginally helpful in determining how much added sugar is in a product. Read the ingredient label. If some form of sugar is near the beginning of the list, added sugar probably makes up the majority of the grams.

Protein. A rough estimate of your daily protein needs in grams is 50% of your body weight.

Vitamins and Minerals. Only 2 vitamins and 2 minerals are required to be listed. Percents are based on the Daily Recommended Allowances of 5000 IU Vitamin A, 60mg Vitamin C, 1000mg Calcium and 18mg Iron.

Questions? email: wildcatnutrition@yahoo.com