

Homework

Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Notes

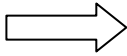
SUMMARY: LABEL READING

- REMEMBER TO CHECK THE SERVING SIZE OF THE PACKAGED ITEM
- BE MINDFUL TO WATCH THE FAT, SUGAR AND SODIUM AMOUNTS
- WORK ON INCREASING FOODS THAT HAVE LESS INGREDIENTS AND MORE FIBER
- TAKE THE TIME TO COMPARE LABELS AT THE STORE
- DAILY SODIUM RECOMMENDATIONS: 2300 MG OR LESS
- THERE ARE MANY PROCESSED FOODS HIGH IN SODIUM; ALWAYS CHECK THE LABEL
- COMMON FOODS HIGH IN SODIUM: BREAD PRODUCTS, DELI MEATS, SOUPS, FROZEN MEALS AND PIZZAS, CANNED AND BOTTLED TOMATO PRODUCTS, SAUCES (BBQ, SOY, CURRY ETC), GRAVIES, BOXED MIXES (HAMBURGER HELPER, BISQUICK), FAST FOODS, RESTAURANT FOODS AND MORE
- IF YOU CAN RINSE THE PRODUCT COMING OUT OF THE CAN, YOU WILL RINSE OFF MUCH OF THE SODIUM (EXAMPLE BLACK BEANS)

NUTRITION LABELS

Sample label from canned green pea soup

Start here



Check
Calories

Limit these
nutrients

Get enough
Of these
nutrients

<u>Nutrition Facts</u>	
Serving Size: ½ cup (120ml) Servings per container: about 2.5	
Amount per Serving	
Calories 180 Calories from Fat: 25	
	% Daily Value
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0 mg	8%
Sodium 870 mg	36%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 9g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 8%

Guide to % DV

Based on 2000 calories per day

LOW:
5% or less

HIGH:
20% or more

Serving size:

This is a standard unit of a food, created to compare various foods and their nutrient content. A portion is what we eat, may be a standard serving or more than a standard serving. You do not need to limit yourself to just one serving to be healthy but being aware of how many servings you are eating can help to balance your diet in a way that helps you achieve your health goals. Remember if you eat more than one serving all the nutrient numbers need to be multiplied by the number of servings you eat.

Servings per container:

Check servings per container as some foods are packaged in a way that makes them appear to be just one serving but may be 2 or more servings. An example is a 20 oz bottle of soda is actually 2.5 servings. If you consume the whole package then you need to multiply all the nutrients by the amount of servings in the package.

Types of Fat in Foods

Total Fat: less fat overall is the general goal for most people, particularly those trying to lose weight or those that have high cholesterol.

Saturated fat: Required to be on the label, this is the type of fat that raises our cholesterol and triglycerides (risk factors for heart disease). Within the fat you do eat you want very little to come from saturated fat

Trans Fat: This is a manufactured fat that research has shown to increase cholesterol and triglycerides. This is a type of fat you want to avoid as much as possible.

Sodium

Some people confuse sodium and salt. Salt is actually made of sodium and chloride. The 2010 US Dietary Guidelines recommends a maximum of 2300 mg of sodium per day. One teaspoon of salt contains 2500 mg sodium. Almost all foods have some sodium but processed foods are usually highest in sodium.

Carbohydrates, sugar and fiber

It is best to have higher fiber with higher carbohydrates. Fiber slows down the digestion of carbohydrates; this allows us to feel fuller longer and creates less of an increase in blood sugar levels after eating.

Check ingredients list to know the amount of added sugar versus naturally occurring sugar; names for sugar include **corn syrup, cane sugar, cane juice, agave nectar, brown sugar, crystalline fructose, dextrose, evaporated cane juice, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, lactose, maltose, malt syrup, molasses, sucrose and syrup.**

Food:

<u>Nutrition Facts</u>	
Serving Size: Servings per container:	
Amount per Serving	
Calories Calories from Fat:	
	% Daily Value
Total Fat g	
Saturated Fat g	
Trans Fat g	
Cholesterol mg	
Sodium mg	
Total Carbohydrate g	
Dietary Fiber g	
Sugars g	
Protein g	
Vitamin A % Vitamin C % Calcium % Iron %	

Food:

<u>Nutrition Facts</u>	
Serving Size: Servings per container:	
Amount per Serving	
Calories Calories from Fat:	
	% Daily Value
Total Fat g	
Saturated Fat g	
Trans Fat g	
Cholesterol mg	
Sodium mg	
Total Carbohydrate g	
Dietary Fiber g	
Sugars g	
Protein g	
Vitamin A % Vitamin C % Calcium % Iron %	

Food:

<u>Nutrition Facts</u>	
Serving Size: Servings per container:	
Amount per Serving	
Calories Calories from Fat:	
	% Daily Value
Total Fat g	
Saturated Fat g	
Trans Fat g	
Cholesterol mg	
Sodium mg	
Total Carbohydrate g	
Dietary Fiber g	
Sugars g	
Protein g	
Vitamin A % Vitamin C % Calcium % Iron %	