

Keeping your health and well-being in the know

MyHealthTALK

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Courtesy of Asset Health

Reading Labels

Recap on how to read what is in your food

Do you ever wonder what that food label is really saying to you and how you can use it to make healthier choices? In 1990 the Nutrition Labeling and Education Act was passed requiring the FDA to make it easy to find out what is in the food we purchase. In 2004, the Food Allergen Labeling and Consumer Protection Act required labels to contain the presence of eight major food allergens. These major allergens were identified as milk, eggs, fish, shellfish, tree nuts, wheat, peanuts and soybeans. These eight major allergens are responsible for 90% of all food allergies.

Using the information below allows you to make healthier choices for you and your family.

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* 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

1 **Start Here** →

2 **Check Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Footnote**

6 **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

- 1. Serving Size:** Serving Sizes are listed in standard measurements, such as cups or pieces. The label also includes servings per container to help you calculate the calories and nutrients in the entire package. Be sure to check the serving size against how much you actually eat. If you ate two cups of macaroni and cheese, that means you have doubled the calories, fat and other nutrients.
- 2. Calories:** The calories section shows the amount of calories in one serving. It also shows how many calories come from fat.
- 3. Limit these Nutrients:** All types of fat, as well as sodium and sugar, are unhealthy nutrients and should equal 5% or less of your daily intake.
- 4. Get enough of these Nutrients:** These nutrients promote a healthy body and are needed on a daily basis.
- 5. Footnote:** The footnote is a reminder that the Percent Daily Value is based on a 2,000-calorie diet and contains a statement that nutrient values vary by an individual's particular (caloric) need. It also contains a list of nutrient values for both a 2,000 and 2,500 calorie diet. A 2,000 calorie diet is used as a general reference point.
- 6. Quick Guide to % DV (Percent Daily Value):** The Percent Daily Value shows how much of a specific nutrient one serving of the product has as a percentage of how much you should eat during your entire day, and is based on the 2,000 calorie diet.



Walking in everyday life creates a healthier you and a better quality of life.

Everyday Walking

Walking can be incorporated into your daily routine with activities such as golfing, walking around the mall and taking the stairs at work instead of the elevator. It can also act as a great stress relief when a 15 minute break is needed at work to clear your mind; just take a walk around the block. Walking in everyday life creates a healthier you and a better quality of life.

This is just the beginning, look at the benefits that walking provides you:

1. It protects your heart health:

Regular walkers have fewer heart attacks and strokes, have lower blood pressure, and have higher levels of healthy HDL cholesterol than sedentary individuals.

2. Helps reduce your real age: As little as 90 days after starting a regular walking program, its age-reducing effects can be measured.

3. Reduces risk of diabetes: Thirty minutes of walking a day makes your muscles more sensitive to insulin. This allows glucose to work efficiently inside your cells rather than pile up in your bloodstream and cause other problems.

4. Stop smoking: Taking a daily 30-minute walk is one of the keys to success if you want to stop smoking. Taking a walk acts as a great distraction when a craving pops up and helps you stay focused on controlling your behavior.

5. Weight management: Burning more calories than you eat will create a calorie deficit and help maintain a healthy weight.

6. Keeps you on point: Physical activity helps stimulate brain neurons improving memory

7. Reduces stress: Going for a walk helps reduce stress and changes your frame of mind.

8. Revs up your energy: Walking will help you become more energetic and improve your quality of sleep.

9. Improve your immune system: Walking regularly can lower your risk of arthritis, macular degeneration, and even cancer by an astonishing 50% compared with people who don't exercise.

10. Adherence: Walking has the highest compliance rate of any exercise routine.

Using a pedometer with these activities will help you keep track of your steps and to see if you are meeting the 10,000 steps a day recommendation from the American Heart Association. Happy Walking!

Freezing Fresh Fruits

What do you do with all of the fresh fruits and vegetables that abound in August? How do you preserve them so that you can enjoy them through the long winter months?

Freezing is a simple and inexpensive way to enjoy produce when summer is over. Start with one of the simplest fruits to preserve: blueberries.

- Start with [fresh berries](#)
- Put them in a colander and pick out any imperfect ones
- You need not rinse blueberries before freezing; you can give them a quick rinse when you remove them from the freezer
- Spread the berries in a single layer on a flat baking sheet
- Freeze overnight
- Remove from freezer and put berries in Ziploc or vacuum sealed bags (remove as much air as possible)
- Label the bag with contents and date, and then refreeze
- When ready to use, thaw, quickly rinse, and they are ready to go

Another season's best to try freezing are tomatoes. They're ripe on the vine and multiplying like zucchini. How can you save them for savoring in winter? Here's how:

1. Start by choosing firm, ripe, deep red tomatoes.
2. Blanch them in boiling water for 30 seconds to loosen the skin.
3. Shock them in a bowl of ice water to stop them from cooking.
4. Remove the skin, place the tomatoes in airtight bags or containers, and store in the freezer.
5. Thaw and use in your favorite recipes, especially in soups and sauces.

Source: [finecooking.com](#), National Center for Home Food Preservation