Reading Food Labels

Portion Control, & Supplements
Leah Elman

- Serving Sizes
  - Common measurements
    - Cups, pieces
  - Servings per container
- Calories
  - Per serving size
  - Calories from fat

- Percent Daily Value
  - % of needs per day each serving contains
  - Based on 2,000 calories per day

- Fat
  - Daily value is 65g
  - Total, saturated, trans, polyunsaturated, and monounsaturated
  - Focus on polyunsaturated and monounsaturated
  - Try to limit saturated fat and aim for zero trans fat
  - Less than 10% of calories from saturated fat

- Cholesterol
  - Try to limit
  - Found in animal products
  - 300mg per day

- Sodium
  - Limit, if possible
  - Found in processed foods
  - 2300mg

- Carbohydrates
  - Daily value = 300g
  - Focus on increasing fiber
  - Complex carbohydrates vs. refined
  - MyPlate - make half of grains whole grains

- Protein
  - Daily value = 50g
  - Variety of sources, choose lean meats, low fat dairy, plant sources - beans, soy, nuts

- Vitamins/Minerals
  - Vitamin A, C, Calcium, and Iron
  - Nuts are a food we don’t talk about much but are packed with vitamins and minerals!
Reading Food Labels

• Footnote
  – Reminder that daily values are based on a 2,000 calorie diet

Portion Control

• Fruits
  – 1.5 cups recommended for women 31-51+
  – 2 cups recommended for women 19-30
  – 1 cup fruit or fruit juice, or ½ cup dried fruit
  – 1 small apple, 32 seedless grapes, 1 large peach

Portion Control

• Vegetables
  – 2.5 cups recommended for women 19-50
  – 2 cups recommended for women 51+
  – 1 cup raw/cooked, or 100% vegetable juice
  – 2 cups raw leafy greens
  – 2 cups raw spinach, 1 cup chopped broccoli, 2 medium carrots/12 baby carrots

Now let’s practice!
Portion Control

- **Grains**
  - 6 oz needed for women 19-50
  - 5 oz needed for women 51+
  - 1 oz equals one slice of bread, 5 whole wheat crackers, 1 small pancake, ½ cup cooked pasta

Portion Control

- **Protein**
  - 5.5 oz recommended for women 19-30
  - 5 oz recommended for women 31-51+
  - 1 egg, ½ cup cooked beans, 1 sandwich slice of turkey, 1 small chicken breast half, 1 Tbsp of peanut or almond butter, 12 almonds

Portion Control

- **Dairy**
  - 3 cups recommended for all women daily
  - Fluid milk, cheese, yogurt, and milk based desserts
  - 1 cup milk, ½ cup evaporated milk, 8 oz yogurt, 1/3 cup shredded cheese, 1 cup frozen yogurt

Portion Control

- **What if I don’t drink milk??**
  - **Alternatives:**

Portion Control

- **Oils**
  - Daily allowance - 5 teaspoons
  - 1 teaspoon oil = 1/2 Tbsp mayonnaise or margarine/butter, 8 olives, and 1/6 avocado
Portion Control

- How can I control my portions?
  - Use measuring cups!
  - Count out pieces (number of chips or nuts etc.) and put on plate
  - Don’t eat while distracted (TV, driving, standing up etc.)
  - Don’t leave food in sight
  - Split servings when dining out
  - Enjoy a “table taste” of dessert where everyone shares one dessert

Portion Distortion Game
(From National Heart, Lung, and Blood Institute)

Muffin
20 Years Ago Today

210 calories ??? calories

Portion Distortion Game
(From National Heart, Lung, and Blood Institute)

Pepperoni Pizza
20 Years Ago Today

500 calories ??? calories

Portion Distortion Game
(From National Heart, Lung, and Blood Institute)

Chicken Caesar Salad
20 Years Ago Today

390 calories ??? calories

Vitamins and Supplements

- Our bodies prefer nutrients from our food – better bioavailability
- Multivitamins
  - Only if not eating from all food groups or not eating a variety within the food groups
- Calcium/Vitamin D
  - Recommend if not getting 3 servings of dairy each day
  - Calcium supplements - calcium citrate absorbed best (citrical)
  - Tums - pop a few with food, easy way to get calcium
  - Get your Vitamin D level checked – need it to absorb Calcium
- Omega 3 Fatty Acids – Fish Oil
  - May help reduce risk of heart disease and plaque build-up
  - Food sources - fish, nuts, olive oil

Websites

- http://www.choosemyplate.gov/food-groups/
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Any Questions?