

March is National Nutrition Month

Eat Right!

NUTRITION NEWS

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STUDENT NUTRITION
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NATIONAL NUTRITION MONTH IS UPON US!

Your nutrition should be a key focus no matter what time of the year it is, but the month of March is a designated month to gain some valuable knowledge and tips to put into practice regarding nutrition and wellness! There can be some confusion when it comes to serving sizes, portion sizes, and reading nutrition labels. All of which are discrete and necessary concepts in the nutrition world. Knowing how to read a nutrition label and being aware of the difference between serving sizes and portion sizes can be game changers for one's health.



- ❖ National Nutrition Month
- ❖ Reading Nutrition Facts
- ❖ Claims on Food Labels



- ❖ Move your Beautiful Body!
- ❖ Recipe of the Month
- ❖ Motivational Quote of the Month

Reading Nutrition Facts

Old Label

Nutrition Facts	
Serving Size (60g) 1/2 cup	
Servings Per Container 2	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 20mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 1g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 2%
*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
Saturated 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

New Label

Nutrition Facts	
servings per container 2	
Serving size 1/2 cup (60g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 20mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 8g Added Sugars	16%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 95mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

The new and improved facts label on the right makes it easier to read the key components. Reading food labels and becoming aware of not only the ingredients, but the nutrition facts, such as calories, dietary fiber, and nutrients will help set one up to becoming a smart shopper.

What to focus on when reading a nutrition label:

- Look for the serving size as well as the number of servings in the package.
- Keep in mind, the serving you give yourself compared to the serving on the package could be two different concepts. Ex. if the label serving size is one cup and you eat 1/2 cup, you are getting half the calories, fat and other nutrients listed on the label. Or vice versa, if the label serving size is 1/2 cup and you eat 1 cup, you are getting double the amount of everything.
- Serving sizes listed on the new label reflect the portions most people are eating, not what they should be eating.
- For packages and items that have more than one serving but could reasonably be eaten in one sitting, a second column will be listed to show the whole packages nutrition information.

CHECK THE INGREDIENT LIST!

It is best to buy products that have limited ingredients. The less ingredients in a product generally means less processed, which means healthier. Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Therefore, the heaviest and most used ingredient is listed first, down to the one used the least. Look and shop for groceries that have limited to no trans fat and lower sodium.

CLAIMS ON FOOD LABELS

The U.S Food and Drug Administration (FDA) has precise guidelines on how food label terms can be used. Claims such as, "low sodium," "fat free," "not bioengineered," "good source of" are all phrases appearing on food labels used as marketing techniques, meant to catch the eye and tempt customers into buying the said product.

But most food label declarations are actually tightly regulated and have to meet certain guidelines. There are three different types of claims: a nutrient content claim, a health claim, and a structure/function claim.

-A **nutrient content claim** suggests the amount of nutrients within the food, such as "low-fat" or "rich in vitamin C."

-A **health claim** refers to a link between a food and a health-related condition, such as heart disease. An example of how it would be seen on a label: "Can help lower cholesterol." Health claims must pass a review of scientific evidence before being able to be put on labels.

-A **structure/function claim** is usually found on dietary supplements, drug, and food labels. They describe the role a nutrient plays on a physiological function, such as "fiber keeps you regular," or "calcium builds strong bones." A disclaimer stating the FDA has not evaluated the claims must be submitted by manufacturers for FDA to approve.

GET UP AND GET GOING WITH THIS LOWER BODY WORKOUT!

Make sure your body is warmed up first!
Then set your timer on your phone for 15 minutes!
Do as many rounds in this allotted time with no rest.

Exercise 1: Air squats (15 reps)

Exercise 2: Glute bridges (15 reps)

Exercise 3: Walking front lunges (12 reps each leg)

Exercise 4: Side lunges (12 reps each leg)

COOL DOWN AND STRETCH!

**MOVE
YOUR
BEAUTIFUL
BODY!**

Açaí Bowl (aka Smoothie Bowl)



Ingredients:

- 3/4 cup milk of choice
- scoop/serving of açai powder
- 1/2 banana
- 1 cup frozen mixed berries (comes in frozen bag)
- 1 Tbsp raw honey
- handful of ice
- toppings: granola, rest of banana, berries, peanut butter, chia seeds

Instructions:

- Place all base ingredients in a blender and blend until smooth consistency.
- Pour into a bowl and top with topping ingredients or anything your heart desires!

"Happiness begins where selfishness ends."