

# Eat Well!

## A Newsletter for Healthy Eating



### Winter 2017

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## New Nutrition Facts Label

By Renae Al-Fdeilat, Dietetic Intern

**Y**ou may recognize the familiar black and white Nutrition Facts label that appears on most food packages in the United States. The Food and Drug Administration (FDA) has recently approved a new Nutrition Facts Label. Soon we will see the new label on most packages of food.

### Why update the label?

The current Nutrition Facts label hasn't been updated since 1993. There is now more research linking diet to some diseases, like high blood pressure and heart disease.

### Changes to look for on the new Nutrition Facts label

**Serving size:** The new Nutrition Facts label will have some new serving sizes. The new serving sizes will reflect what Americans actually eat and are **NOT** recommended intakes. For example, a 12-ounce soda will now be shown as one serving, changing from the old 8-ounce serving. This is because most

people drink a 12-ounce soda in one sitting.

**Calories:** With the FDA's new *2015-2020 Dietary Guidelines for Americans*, a new focus has been placed on total calories consumed. This focus is meant to highlight the growing obesity problem. The new Nutrition Facts label will highlight the new focus by printing the calories per serving in a larger, bold font. This will make it stand out and be easier to read.

**Added sugars:** The new Nutrition Facts label will now have information on "Added Sugars." This is sugar that has been added to a food product to make it taste sweet. This new information is important because the *2015-2020 Dietary Guidelines for Americans* urge Americans to cut down on added sugar. No more than 10% of total calories should come from added sugars. Diets high in added sugar often lack important nutrients we need to be healthy, and

Original Label	New Label
<b>Nutrition Facts</b> Serving Size 20 cup (50g) Servings Per Container About 8 Amount Per Serving Calories 250    Calories from Fat 72 Total Fat 10g    20% Saturated Fat 1g    2% Trans Fat 0g Cholesterol 0mg    0% Sodium 100mg    2% Total Carbohydrate 37g    12% Dietary Fiber 4g    8% Sugars 1g Protein 3g Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45% <small>*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 2,500</small>	<b>Nutrition Facts</b> 8 servings per container Serving size 2/3 cup (65g) Amount per serving <b>Calories 230</b> Total Fat 5g    10% Saturated Fat 1g    2% Trans Fat 0g Cholesterol 0mg    0% Sodium 100mg    7% Total Carbohydrate 37g    12% Dietary Fiber 4g    8% Sugars 1g Protein 3g Includes 10g Added Sugars    20% Vitamin D 20mg    40% Calcium 200mg    40% Iron 8mg    16% Potassium 250mg    5% <small>*The % Daily Value (DV) 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.</small>

*Continued on page 2*



**Looking for ways to save money on food?** The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well!* newsletter to find great tips to save money on food. **SAVE MONEY.**

can lead to weight gain. Diets low in added sugar are healthier and can reduce the risk of diseases, like heart disease.

**Actual amounts:** Vitamin D, calcium, iron, and potassium will now be listed in the footnote in actual amounts, milligrams and micrograms. Vitamin D and potassium will now replace vitamins A and C as new nutrients of concern. Vitamin D has been added because it is needed for healthy bones. Potassium has been added because it helps reduce blood pressure.

**Footnote:** The footnote has been updated with a better definition of what “Percent Daily Value” means. It will now read: “The % Daily Value (DV) 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.”

For more information, please visit <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm>.

### NEW LABEL / WHAT'S DIFFERENT

<b>Servings:</b> larger, bolder type	<b>Nutrition Facts</b>	<b>Serving sizes updated</b>
	8 servings per container <b>Serving size 2/3 cup (55g)</b>	
<b>New:</b> added sugars	<b>Amount per serving</b>	<b>Calories:</b> larger type
	<b>Calories 230</b>	
<b>Change</b> in nutrients required	<b>% Daily Value*</b>	<b>Updated</b> daily values
	<b>Total Fat 8g 10%</b>	
<b>Actual</b> amounts declared	Saturated Fat 1g 5%	<b>New</b> footnote
	Trans Fat 0g	
<b>Actual</b> amounts declared	<b>Cholesterol 0mg 0%</b>	<b>New</b> footnote
	<b>Sodium 160mg 7%</b>	
<b>Actual</b> amounts declared	<b>Total Carbohydrate 37g 13%</b>	<b>New</b> footnote
	Dietary Fiber 4g 14%	
<b>Actual</b> amounts declared	Total Sugars 12g	<b>New</b> footnote
	Includes 10g Added Sugars 20%	
<b>Actual</b> amounts declared	<b>Protein 3g</b>	<b>New</b> footnote
	Vitamin D 2mcg 10%	
<b>Actual</b> amounts declared	Calcium 260mg 20%	<b>New</b> footnote
	Iron 8mg 45%	
<b>Actual</b> amounts declared	Potassium 235mg 6%	<b>New</b> footnote
	* The % Daily Value (DV) 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.	





## Kid's Korner

### Hunting for Added Sugar

*Too much added sugar in our diets is not healthy!*

We eat too much sugar, and too much added sugar in our diet is not healthy. Sugar adds extra calories to our diet and can make us gain weight. There are two types of sugar in our diet: **naturally occurring sugars** and **added sugars**. Naturally occurring sugars are found in things like fresh fruit and unflavored milk. Added sugars are added to foods and drinks during processing, to make them taste sweet. The biggest sources of added sugar in our diets come from processed foods such as sweetened beverages like soda and sweet tea, and snacks and sweets like candies, cakes and cookies.

#### Finding Sugars in Ingredient Lists

Did you know that added sugars have many names? Honey is a sugar and so is molasses! It can be confusing to find all the sugars in an ingredient list on a food package. Some of the other names for sugars are:

- Barley malt
- High fructose corn syrup
- Corn syrup
- Glucose
- Rice syrup
- Molasses
- Agave nectar
- Rice syrup
- Evaporated cane juice

#### How many added sugars can you find in this ingredient list?

FLOUR (WHEAT), SUGAR, OATS, CORN SYRUP, PEANUT BUTTER, RICE SYRUP, COCOA BUTTER, MILK FAT, AGAVE NECTAR, GLUCOSE, CORNSTARCH, PALM OIL, EVAPORATED CANE JUICE, SALT.

ANSWER: 6

#### Tips for Eating Less Sugar

- Compare food labels. Choose foods and snacks with lower amounts of added sugar.
- Whole fruit contains lots of fiber and nutrients the body needs. Try to choose whole fruit over sugary snacks, like cookies and candy, which don't have any nutrients to help the body grow and be healthy.



#### Reference

[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101\\_UCM\\_306024\\_Article.jsp#.V\\_GVt\\_ArK00](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101_UCM_306024_Article.jsp#.V_GVt_ArK00)

# Ask Eat Well

## Christine Finemore

Community Education Assistant, Aroostook County

Chris Finemore has worked for the University of Maine Cooperative Extension Eat Well Nutrition Program in Aroostook County for the past 25 years. Chris' favorite part of the job is cooking with kids. *"I enjoy seeing them have success in the kitchen; with home economics being removed from schools, I see this as a very important part of my job. Independent living skills need to be taught hands-on."*

Living on a working homestead with her husband, two grown children and two grandchildren, Chris has the opportunity to do all of the things that she really loves: spending time with her family, gardening, food preservation and kayaking.



### Q. Why doesn't sugars and fiber add up to total carbohydrates on nutrition labels?

**A. The total number of carbohydrates on a food label refers to the combined amounts of all three carbohydrate types - starch, sugar and fiber.**

There is no line on the nutrition facts label for complex carbohydrates. This is why the numbers do not add up.

You can get a rough idea of the amount of healthy carbohydrates in a food by comparing total carbohydrates with sugars. As a general guide, **the larger the difference between "total carbohydrates" and "sugar" on the label, the more nutritious carbohydrates the food contains.** This means that the package contains more of the food's natural carbohydrates.

CARBS



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) 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.

**Eat Well!** is published four times a year for current, past and future UMaine Extension Eat Well program participants. For more information on Eat Well, contact your County Extension office. **Managing Editor:** Kate Yerxa, MS, RD, **Extension Editor:** Phoebe Nylund, Eat Well Program. **Eat Well Committee:** Kathleen Savoie, MS, RD, Extension Educator; Kate Yerxa, MS, RD, Extension Educator; and Christine Finemore, Community Education Assistant. **Design and Production:** Phoebe Nylund, Eat Well Program.

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# Food Safety Corner

## How to Identify Allergens from the New Food Label

By Renae Al-Fdeilat, Dietetic Intern

In the United States, about 15 million Americans have food allergies and 1 in every 13 children have food-related allergies. Most food allergies cause minor symptoms but some food allergies can cause life-threatening reactions. There is no cure for food allergies. Avoiding the food that causes an allergic reaction is the only way to be safe. The U.S. has a law called the *Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA)*. This law helps Americans stay safe from food allergies. Under the law, food companies must state on the label if they contain any of the eight major food allergens.

### The top eight major food allergens include:

1. Milk
2. Eggs
3. Fish (haddock, bass, flounder, cod)
4. Crustacean shellfish (crab, lobster, shrimp)
5. Tree nuts (almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans

It is very important to know how food allergens are listed on a food product label. Major food allergens must be listed even if there is only a tiny amount. Food companies must also list the specific nut or seafood that is used in the food product. Example: Almond, walnut, cashew, tuna, salmon, shrimp, lobster.

The law requires the allergen to be listed on the food product label in one of two ways.

1. In parentheses following the name of the ingredient. **Example:** Lecithin (soy), flour (wheat), whey (milk)  
- OR -

2. Immediately after or next to the list of ingredients in a “contains” statement.

**Example:** Contains Wheat, Milk, and Soy

Sometimes food packages contain warnings called precautionary statements. **Precautionary statements** are used for foods that may accidentally contain a food allergen. **Example:** “*may contain*” or “*processed in a facility that also processes*” or “*made on equipment with.*” These statements are voluntary and there are no laws that require food companies to use them.

### Reference

<https://www.foodallergy.org/food-labels>

<https://www.foodallergy.org/facts-and-stats>

FDA COMPLIANT	
<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 cookie (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 10g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 5mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 35mg	<b>0%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: Dark Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Chocolate Liquor Processed With Alkali, Soya Lecithin, Salt), Enriched Bleached Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream), Sugar, Egg, Pure Vanilla, Leavening (Sodium Bicarbonate), Salt.	
Contains: Egg, Milk, Soy, Wheat.	



## Quick and Easy Eat Well Recipe

### Baked Oatmeal Breakfast



#### Ingredients

- |   |                                   |
|---|-----------------------------------|
| 2 cups dry oatmeal (old fashioned or quick) | 1½ cups skim or 1% milk           |
| ¼ cup brown sugar                           | ½ cup unsweetened applesauce      |
| 1 cup frozen blueberries                    | 1 egg                             |
| 1 teaspoon baking powder                    | 1 tablespoon vegetable oil        |
| ½ teaspoon cinnamon                         | ½ cup chopped walnuts (optional)* |

#### Directions

1. Preheat oven to 375°F.
2. In a large bowl, stir together the oatmeal, brown sugar, blueberries, baking powder, and cinnamon (and walnuts if you choose to add them).
3. In a medium bowl, combine the milk, applesauce, egg, and oil. Mix well with a fork or whisk.
4. Add the milk mixture to the oatmeal mixture and stir well.
5. Pour into a greased 8-inch square baking dish.
6. Bake at 375°F for 20-25 minutes. Serve warm.

\*Adding ½ cup chopped walnuts adds 34 calories and 4.8 grams of fat to each ½ cup serving.

Makes 8 Servings Serving Size: ½ cup

Cost per Recipe: \$1.54 Cost per Serving: \$0.19 (without walnuts)

#### Nutrition Facts

Serving Size 1/2 cup (120g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories 180</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 4g	16%
Sugars 13g	
<b>Protein 6g</b>	
Vitamin A 2%	Vitamin C 0%
Calcium 15%	Iron 8%
*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	