

Nutrition News

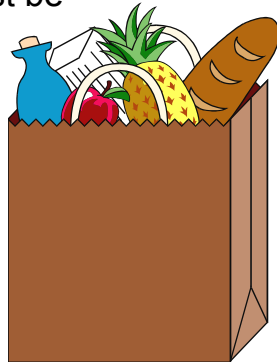
Information for Senior Citizens

Developed by Colorado State University Extension
Department of Food Science & Human Nutrition

Smart Shopping 101

In the past, some food producers made claims about their products to make them sound healthful, such as "light," "2/3 less fat," or "80% fat-free." The worst part is, many times these products weren't lower in fat or sodium than other brands and they cost more.

Thankfully things have changed. The Food and Drug Administration (FDA) now requires that foods be clearly and honestly labeled so that consumers can tell exactly what's in them. All food labels must use standardized serving sizes so that different brands can be accurately compared and the Nutrition Facts label must be printed on the package. If a food package is too small for a nutrition label, it will show a telephone number or address so you can obtain nutrition information.



Today, if a food producer wants to attach a health claim to a product, that product must meet certain criteria. Understanding the terms below will make you a smarter shopper and can help you choose foods that meet the Dietary Guidelines.

Free: an amount so small that it probably won't have any effect on your body. For example, "fat-free" or "calorie-free."

Low: A small amount of or low source of calories, fat or cholesterol.

Reduced: a product that has at least 25% less fat, calories, cholesterol, or sodium than a comparable food.

Light: a product that contains a third less calories or 50% less fat than the traditional version.

High: a product that has 20% or more of the Daily Value for a nutrient. For example, "high in calcium" or "high in vitamin C." Other terms that can be used are "excellent source of" or "rich in."

More: a product that provides 10% or more of the Daily Value. For example, "more iron" or "more fiber."

Good Source: a product that contains 10-19% of the Daily Value for a nutrient. For example, "good source of fiber" or look for terms such as "contains" or "provides."

Healthy: a product that is low in fat and saturated fat, has 480 mg sodium or less per serving, has at least 10% of the Daily Value per serving of vitamin A, vitamin C, calcium, iron, protein, and fiber.

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Reading Food Labels

Want to reduce fat in your diet? Read food labels. A study published in the January 1999 issue of the Journal of the American Dietetic Association found that people who read food labels eat less fat than those who don't.

Food labels provide you with all of the information you need to make informed choices. The first thing that you should look at when reading a food label is the serving size. This tells you how much of the product you need to eat to get the nutrients listed on the label. For example, the food label for fortified 2% milk below, tells you that one-cup of milk contains 140 calories, 5 grams of fat, 3 grams of saturated fat, and 10 grams of protein. Remember, if you eat more or less than the serving size you must adjust the amounts of nutrients you are getting from that product accordingly.

Learning to read food labels can help you follow the Dietary Guidelines for Americans. Here are a few examples:

- Each food label tells you how much sodium one serving of food contains. By choosing foods that contain less sodium you are following the Dietary Guideline – Choose and prepare foods with less salt.
- The food label tells you how much fiber a food contains per serving. Add up how many grams of fiber you get per day and then try to increase it to 25 - 35 grams per day as the Guidelines recommend.
- Looking at how many grams of sugar a product has can help you follow the Dietary Guideline – Choose beverages and food to moderate your intake of sugars.

Comparison Shopping

Food labels also make it easy to compare similar food products. Compare the following food labels for vitamin A & D fortified nonfat and 2% milk. The portion size for both is one cup, but the calories and grams of fat are different.

2% Milk

Nutrition Facts	
Serving Size (246g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 3g	15%
Cholesterol 20mg	7%
Sodium 150mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 10g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
*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	

Nonfat Milk

Nutrition Facts	
Serving Size (227g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 9g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
*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	

NOTE: For people over 51 years, calcium needs are greater—at 1,200 mg per day. This milk portion above provides 25% of your daily needs.

Notice that the nonfat milk provides you with the same amount of calcium as the 2% milk, but has less calories and fat.

When reading food labels, remember that it is the meals over a day, week and month that influence your health, not a single food item. The Dietary Guidelines are intended to be used over weeks, months and years. The recommendations for less than 30% of calories from fat, for example, is intended as a daily or weekly guide, not a guide for each individual food.

Build Your Own Lunch

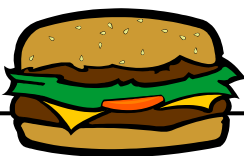
Create a lunch perfect for your needs by choosing one food from each group below. Everyone starts off with 2 slices of whole-wheat bread and ½ cup of carrot sticks but the rest is up to you. Notice how much of a difference choosing foods that are lower in fat and calories can make in the nutrient content of a single meal.

	Calories	Fat (grams)
Start With:		
2 slices whole wheat bread	120	2
½ cup carrot sticks	35	0
Choice of cheeses:		
1 oz Colby	110	9
1 oz reduced-fat Colby	70	4
1 oz non-fat Colby	40	0
Choice of mayonnaise		
1 Tbsp mayonnaise	100	11
1 Tbsp reduced-fat mayonnaise	50	5
1 Tbsp fat-free mayonnaise	8	0
Choice of chips:		
1 oz potato chips	148	10
1 oz tortilla chips	150	8
1 oz pretzels	111	1
Choice of milk:		
8 oz whole milk	150	8
8 oz 2% milk	120	5
8 oz skim milk	90	0
Choice of graham crackers:		
½ oz regular graham crackers	80	3
½ oz reduced-fat graham crackers	60	1

Also, check out CSU Extension's Fact Sheet #9.351, *Meals for 1 or 2*, located on its web site, <http://www.ext.colostate.edu/PUBS/FOODNUT/09351.html>.

Quick Tip:

When making meatballs, hamburger or meatloaf, add torn bread or broken seasoned crackers to the meat mixture. It will add to the flavor of your meal, plus you'll be getting some grain food goodness while eliminating some of the fat.



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Wheat Foods Council

Fitness Focus: Flexibility

Maintaining flexibility as you age is very important. We've been looking at some exercises published in a brochure by the *American Association of Retired Persons*. Let's see what they have to say about flexibility:

"Exercises in this category will help you maintain your range of motion. Through the normal aging process, muscles tend to lose elasticity and tissues around the joints thicken. Exercise can delay this process by stretching muscles to prevent them from becoming short and tight. It also helps retard the development of arthritis, one of the most common and painful diseases associated with advancing age."



1.



2.

1. Flexed-Leg Back Stretch: *to maintain flexibility in torso, low back and legs.* Stand erect, feet shoulder-width apart, arms at sides. Slowly bend forward as far as possible, preferably until you touch ground. Keep knees flexed. Hold for 10 to 15 counts. Repeat 4 – 6 times.

2. Simulated Crawl Stroke/Back Stroke/Breast Stroke: *to stretch shoulder girdle.* Stand with feet shoulder-width apart, arms at sides relaxed. Bend knees and alternately swing right and left arms backward . . . upward . . . and forward as if swimming. Repeat each stroke 6 - 8 times.

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Senior Resource: Is there anything food stamps will not buy?

Food stamps cannot be used to buy alcoholic beverages, tobacco products, household supplies such as soap or paper products, medicines, vitamins, or other non-food items. They cannot be used for food that will be eaten in the store or for hot foods that are ready to eat.

For more information and to find out if you or someone you know qualifies for food stamps, call 1-800-221-5689.