



Debby Schiffer, Wellness Director for BURLCO & TRICO JIFs

National Nutrition Month "Enjoy the Taste of Eating Right"

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The 2014 National Nutrition Month theme is "Enjoy the Taste of Eating Right."

The USDA has simplified nutrition guidelines with its "MyPlate" campaign. MyPlate replaces the older Food Pyramid that many adults grew up with. The campaign's goal is to make healthy eating simpler and more practical by using the visual icon of your plate with what should be on it.

Good health depends on good nutrition. But sorting through complicated nutrition data can be confusing. The MyPlate campaign reminds you to plan meals based on a balanced diet. That means paying attention to the relative amounts of different food groups in your diet.

The science behind MyPlate lies in the *2010 Dietary Guidelines for Americans*. With epidemic rates of overweight and obesity, the MyPlate icon simplifies healthy meal planning by focusing on the end result -- what ends up on your plate.

Special points of interest:

- Using MyPlate as your guide to a balanced diet
- The benefits of good nutrition
- Has obesity leveled off?
- FDA proposes new nutritional labels
- Makeover you fried chicken

Use MyPlate for Relative Portion Sizes

Imagine looking down at your dinner plate. Do you see a lone lettuce leaf, a pile of French fries, and a thick steak draped over most of your plate?

The beauty of MyPlate is in using a plate icon to "measure" the relative portion sizes of the food groups you're eating. You don't have to eat from every food group at every meal. Instead you can use MyPlate as a guide for what to eat each day.

And speaking of food groups, oils, which were included in the Food Pyramid, have been dropped as a separate group. That's because many foods already contain oils, and a key nutrition goal for most Americans is to cut back on fat.

Vegetables and Fruits: Half Your Plate

The first goal of healthy eating is to fill half your plate with vegetables and fruits, adding slightly more veggies than fruits. This is one of the best things most Americans can do to improve their nutrition.

The other half of your plate should be filled with proteins and grains, using slightly more grain than protein. Now each of four major food groups -- vegetables, fruits, proteins, and grains - occupies roughly a quarter of your plate. Dairy is the fifth food group in the MyPlate campaign. To remind that you need to include dairy in healthy balanced meal planning, the MyPlate icon shows a glass of milk near your "plate."

The recommended daily amounts of each food group depends on your age, gender, activity level, and other considerations. But the MyPlate plan gives everyone a clear reminder of what a balanced diet generally looks like.

More MyPlate Tips for Good Nutrition

- ◆ Switch to nonfat or 1% milk to reduce extra fat calories.
- ◆ Avoid oversized portions and "super-sized" meals. Savor meals rather than pile on more food.
- ◆ Choose low-salt soups, breads, frozen meals, sauces, and other processed foods; check food labels for sodium content to compare brands.
- ◆ Avoid sugary drinks and sodas, and drink water instead. **Look up the free app "Water Your Body" for help in adding more water to your day.**

Sources: WebMD and EatingRight.org

What's on your plate?

5 Benefits of Proper Nutrition

Resource: LIVESTRONG.COM

Eating healthy foods isn't just about serious dieting, avoiding your favorite treats or becoming model-thin. Proper nutrition is a way of life that allows you to be as mentally and physically healthy as possible. There is no one ideal nutritional plan for everyone, but choosing a healthy eating plan that works for you will offer you some major benefits



Improved Energy

Eating healthy carbohydrates such as whole grains, vegetables and fruits will help keep your energy levels stable throughout the day because they break down into a slow stream of sugar in your blood. Conversely, eating mostly refined carbohydrates such as candy, French fries and white bread will lead to spikes and dips in your blood sugar, which can cause you to go through mood swings and have trouble focusing on daily tasks. The American Council on Exercise recommends eating a nutritious breakfast, such as oatmeal with berries, to reduce early morning sluggishness. Follow up with small "slow carb" snacks between meals for sustained energy.

Weight Maintenance

You must consistently eat the same amount of calories as you burn to maintain your weight. Therefore, you increase your risk of gaining weight when you eat mostly high-calorie foods such as fast food and drink mostly high-calorie drinks such as regular soda. You are less likely to become overweight or obese if you focus on eating mostly nutrient-dense, low-calorie foods such as whole grains, fruits, vegetables, low-fat dairy products and lean proteins. This improves your overall quality of life – for instance, you will have less trouble with daily activities such as walking and climbing stairs – and lowers your chances of developing life-threatening health problems.



Healthy Heart

You increase your risk of heart disease if your diet is rich in saturated fat, trans fat, cholesterol and sodium. Having too many saturated and trans fats, particularly, increases your chances of having heart disease because they increase your blood cholesterol levels and contribute to damaging artery plaques. Common sources of heart-unhealthy fats are red meat, whole-fat dairy, palm oil, coconut oil, deep-fried foods, boxed baked goods and crackers. Replace most of these fats with polyunsaturated and monounsaturated fats – found in foods such as nuts, seeds, avocados and oily fish – and you will be less likely to have unhealthy cholesterol levels and high blood pressure.



Reduce Diabetes Risk

You are more likely to get Type 2 diabetes if most of the carbohydrates you eat are refined. Conversely, the bran and fiber in whole grains slowly increase your blood sugar and insulin levels and place less stress on your insulin-producing machinery, according to the Harvard School of Public Health. Whole grains also contain vitamins, minerals and phytochemicals that may also play a role in lowering your risk of Type 2 diabetes. Increasing your intake of polyunsaturated fat in place of "bad" fats can also reduce your chance of having Type 2 diabetes.

Healthy Brain

A diet rich in cholesterol and saturated fat is linked with an elevated risk for high cholesterol and Alzheimer's disease, according to the Alzheimer's Association. However, having a higher level of monounsaturated and polyunsaturated fats in your diet can improve your cholesterol levels and help protect your brain cells. Other foods that may help protect your brain cells are dark-skinned vegetables and fruits such as kale, broccoli, red bell peppers, blueberries, red grapes and cherries.



Do you love Fried Chicken?

"Enjoy the Taste of Eating Right" is the theme for National Nutrition Month® 2014. Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. You may say there is nothing better than the taste of fried chicken, and when trying to eat a healthy diet, know that this is one item you should not have. Well try this healthy version and see what you think.

Recipe Make over for healthy Cooking: Fried Chicken (Oven Fried)

Instead of deep-frying chicken in hot oil, you can actually crisp it up in the oven. Start with skinless chicken breasts or thighs (half of the fat and saturated fat is in the skin) marinated in low-fat buttermilk for several hours or overnight. Remove the chicken from the buttermilk and coat with flour seasoned with pepper and other desired spices. Place the chicken on a cookie sheet coated with canola oil and spray the top of the chicken with canola cooking spray. Bake in a 450-degree oven for 30 minutes, or until cooked through and the coating is golden brown.



Recipe
Makeover



U.S. Obesity Rate Shows Signs of Leveling Off

Center for Disease Control (CDC) study finds very young children seem to be slimming down, but more older women are obese Resource: WebMD

Obesity still looms large in the United States but the scale's relentless climb may have leveled off, according to the latest results of a U.S. Centers for Disease Control and Prevention study. One-third of adults and 17 percent of children and teens are obese, said CDC researchers who focused on more than 9,000 adults and children in 2011-2012 and compared them to five previous obesity analyses dating back to 2003-04. "We found overall that there was no change in youth or adults," said study author and epidemiologist Cynthia Ogden.

But within specific age groups, weight shifts were apparent. More older women are obese, but very young children seem to be slimming down. The authors of the study, published in the Feb. 26 issue of the *Journal of the American Medical Association*, report that many preventive health programs and efforts have been launched by the government in recent years to combat the obesity epidemic in the United States. These include new food labeling measures by the U.S. Department of Agriculture, as well as state and community programs sponsored by the CDC, and First Lady Michelle Obama's Let's Move program.

Even so, the overall numbers haven't inched down. In fact, obesity prevalence ticked up in women 60 and older, from less than 32 percent in 2003-2004 to more than 38 percent in 2011-2012. Overall, more than two-thirds of adults are either overweight or obese, and more than 6 percent are extremely obese.

New F.D.A. Nutrition Labels Proposed Would Make 'Serving Sizes' Reflect Actual Servings

WASHINGTON — The [Food and Drug Administration](#) for the first time in two decades will propose major changes to nutrition labels on food packages, putting calorie counts in large type and adjusting portion sizes to reflect how much Americans actually eat. It would be the first significant redrawing of the nutrition information on food labels since the federal government started requiring them in the early 1990s. Those labels were based on eating habits and nutrition data from the 1970s and '80s, before portion sizes expanded significantly, and federal health officials argued that the changes were needed to bring labels into step with the reality of the modern American diet. Stay tuned for updates on this.

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

The redesign would change how **servicing sizes** are calculated and dis-

Percent daily values would shift to the left, making them easier to read.

Vitamin D and potassium counts would be required.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

Calorie counts would be more prominent & calories from fat would be removed.

The new design would require information about **added sug-**

Debby Schiffer, Wellness Director for BURLCO & TRICO JIF
Home Office: 856-322-1220 Cell: 856-520-9908

Do something healthy for yourself today!

