Kinship Link

Volume 14, Issue 9 September 2018

Shop Smart - Get the Facts on the New Food Labels

Pro Kinship for Kids

Inside this issue:

Pro Kinship for Kids
Lower level Our Saviors Lutheran Church
1400 S. State Street
P.O. Box 666
New Ulm, MN 56073
Phone 359-2445 or 1-800-642-5779
Website: www.prokinship.org

Newsletter by
Kari Beran, Director

Become a smart shopper by reading food labels to find out more about the foods you eat. Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium. Compare similar foods to find out which one is lower in calories. Look for foods that are lower in saturated fat, trans fat, sodium, and added sugars.

Start with the Servings Per Container and Serving Size

- Look here for both the number of servings in the package and the serving size (the amount for one serving).
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat, and other nutrients listed on the label.

Check Out the Total Calories

Find out how many calories are in a single serving.

Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily eating plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day.
- Remember percent DV are for the entire day - not just one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.
- 5 percent or less is low - try to aim low in saturated fat, trans fat, cholesterol, and sodium.
- 20 percent or more is high - try to aim high in vitamins, minerals, and dietary fiber.

Limit Saturated Fat, Trans Fat, Sodium, and Added Sugars

Eating less of these may help reduce your risk for heart disease, high blood pressure, and cancer.

- Limit saturated fats to less than 10% of total calories daily by replacing them with unsaturated fats.
- Limit trans fats to as low as possible.
- Limit sodium to less than 2,300 mg daily for adults and children 14 years and older.
- Limit added sugars to less than 10% of total calories daily.

Get Enough Vitamins, Minerals, and Fiber

- Eat more dietary fiber, vitamin D, calcium, and potassium to maintain good health, and help reduce your risk of certain health problems such as osteoporosis.
- Remember to aim high for % DV of these nutrients.

Shop Smart - Food Labels continued

Additional Nutrients

- Carbohydrates - there are three types of carbohydrates: sugars, starches, and fiber. Select whole-grain breads, cereals, rice, and pasta plus fruits, vegetables, and low-fat milk and yogurt.
- Proteins - Aim for a variety, including seafood, poultry, lean meats, eggs, beans and peas, nuts, seeds, and soy products.

Check the Ingredient List

Foods with more than one ingredient are listed in descending order by weight. Those in the largest amounts are listed first. Food manufacturers are required to state if food products contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans.

What Health Claims on Food Labels Really Mean

FDA has strict guidelines on how certain food label terms can be used. FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce the risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, dietary fiber and some cancers, saturated fat and heart disease, or high blood pressure and sodium.

Some of the most common claims seen of food packages:

◊ **Low calorie** - Less than 40 calories per serving
◊ **Low cholesterol** - 20 mg or less of cholesterol and 2 mg or less of saturated fat per serving
◊ **Reduced** - 25% less of the specified nutrient or calories than the usual product
◊ **Good source of** - Provides at least 10% of the DV of a particular nutrient per serving
◊ **Calorie free** - Less than 5 calories per serving
◊ **Fat free/Sugar free** - Less than 1/2 gram of fat or sugar per serving
◊ **Low sodium** - 140 mg or less of sodium per serving
◊ **High in (or Excellent source of)** - Provides 20% or more of the DV of a specified nutrient per serving

Volunteering Means a Ton

A volunteer sees fear and replaces it with LOVE, sees destruction and builds it up again, sees something ruined and restores its beauty, sees a broken life and pieces it back together again, sees a worn out heart and brings joy again. A volunteer sees a need and finds a way to fill it with HOPE.

It doesn't take "much" to be a volunteer - just an open heart and willing hands. Just ears that care enough to listen, and eyes that see another's needs. Just a regular person who wants to turn hope into gratitude and dreams into reality.

It doesn't take "much" to be a volunteer - just an everyday person with a heart big enough to make a difference that lasts a lifetime.

A volunteer is one of life's most valuable natural resources.

Volunteers are just ordinary people with extraordinary hearts. They offer the gift of their time to teach, to listen, to help, to inspire, to build, to grow, to learn. They expect no pay yet the value of their work knows no limit … They've known the unexpected joy of a simple hug. They've planted tiny seeds of love in countless lives. Volunteers are just ordinary people who reach out, and take a hand, and together make a difference that lasts a lifetime.

We want to take this time at Pro Kinship for Kids to thank all our volunteers and encourage you to say thank you to those who volunteer in your life making a difference, and lastly, encourage you to make a difference in whatever way you can by volunteering! We can all do it!