



# HEALTHY NEWS

"Your body is the temple of the Holy Spirit" John 6:35

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Issue 3

## Serving Size

In 1st Corinthians 6:19-20, the Apostle Paul wrote to Christians, "Know you not that your body is the temple of the Holy Spirit which is in you, which you have of God, and you are not your own? For you were bought with a price: Therefore glorify God in your body and in your spirit which are God's". We look to this scripture for God's guidance on taking care of our bodies.

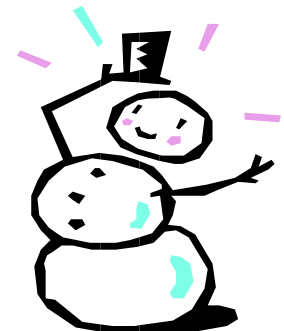
In our first nutrition newsletter we introduced the nutrition label and our plan to go through each piece of the label. In the second newsletter we went through BMR- which is the number of calories a person can eat daily to maintain a current rate (the first piece of the nutrition label). Now we are going to review calories and serving size. In order to know the calories of the foods you are eating- looking only at calorie amounts will not give you accurate results, we also need to look at serving size and figure out how they relate to one another. Let us look at some examples. One brand

of brownies says there are 170 calories per serving, which seems reasonable, but don't leave the nutrition label behind, read on. A typical square brownie pan cuts into 9 servings, but this box of brownies states you will get 20 servings from that same size brownie pan. If we calculated the calorie amount for the 9 servings actually cut, each brownie would be 378 calories. That's over double what the box claims!! We're not saying you can't have the brownie, but we want you to be able to figure out an accurate calorie count. This can be easily be done by the following calculation: (calories per serving, multiplied by, servings per container, divided by, the servings you estimate you actually get per container) When you read the serving size, question if it is a correct representation of how many servings you typically get from the dish? If not, you need to adjust the calories to reflect how many servings you obtain.

Another example is chicken. The label says 200

calories per serving. Keep reading to find out what the serving size is. The serving size is 4 oz and most chicken breasts are packaged in 6-8 oz pieces. If we calculated this, then we would find that our calorie intake would be double what the package says because the serving size is larger than what the package states. Always pay close attention to calories and serving size, they go hand and hand, you cannot read one without the other.

I challenge you this week to read the labels of the foods you eat and pay attention to how your serving size compares with what is on the package. Do you put the ¾ cup of cereal in your bowl, that the package says is the serving size, or is it more like 1 ½ cups? Use this information to keep an accurate account of what you are eating. Healthy eating takes some effort, but then again... "For you were bought with a price: Therefore glorify God in your body and in your spirit which are God's". 1 Corinthians 6:20



Happy Holidays

### Upcoming Highlights:

- **HOW TO UNDERSTAND AND USE THE NUTRITION FACTS LABEL:**
- **FAT**
- **CHOLESTEROL & SODIUM**
- **CARBOHYDRATES**
- **PROTEIN**
- **THE PERCENT DAILY VALUE %**
- **UNDERSTANDING THE FOOT NOTE**

### Recipe of the Month: Chickpea Cauliflower Curry

#### Ingredients:

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 2 teaspoons vegetable oil         | 2 teaspoons minced fresh gingerroot  |
| 4 cups cauliflowerets, steamed    | 1 1/2 teaspoons curry powder         |
| 1 medium onion, chopped           | 1 teaspoon salt                      |
| 1 large carrot, diced             | 1 dash ground cloves                 |
| 2 garlic cloves, minced           | 1 (15 ounce) can chickpeas (garbanzo |
| 1 (14.5 ounce) can diced tomatoes | beans), drained and rinsed           |

Directions: In a large skillet, saute onion, carrot and garlic in oil until tender. Stir in the ginger, curry, salt and cloves. Add the beans, tomatoes, peas and cauliflower. Cook and stir for 5 minutes or until heated through.

Nutrition Info: Servings: 6, Calories: 130, Fat: 0, Carbs: 15g, Fiber: 6g, Protein: 5g

**"Your body is the temple of the Holy Spirit, which is in you" Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." John 6:35**