

Healthy News

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

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Nutrition Labels

All foods are NOT created equal and the nutrition label has come a long way in showing us just that. However, as retailers use this as a mechanism to make a sale, they can be as confusing to read as doing your taxes. We want to give you a general idea of how to read a nutrition label so you can read through any deception and see apparent good. Though we will give you specifics, it is important to remember the food comes as a whole, not separated into protein parts and sodium parts. If you have an item that is very low in fat, but very high in sodium and sugar, its benefits are doubtful. The ultimate goal is to find a food that has a good balance of all elements.

The first item most people see when they look at labels is the calorie count or in other words how much energy it would take to burn the particular item (please don't try this at home). But to look at calories without looking at serving size doesn't help us much. If my favorite cookie is 130 calories per serving and the serving size is only a quarter of the cookie. To eat one cookie would give me 520 calories and four times all the other listed ingredients. Serving size is important.

To the right of each of the breakdowns on the nutrition label is a percent sign. This is the percentage of each daily allowance for that particular item. For example, the nutrition label to the right has 4 grams of fiber in each serving. So if you eat this item you would get 15% of what your daily intake of fiber should be. These numbers are based on a 2000 calorie a day diet. Since all our body types and sizes are different each one of us has a different caloric need. For now, 2000 calorie is a good starting point, we will get more specific at a later date. For this calorie amount, the recommended daily allowances (RDA's) are as follows; Fat - 65 gm/day, Sodium - 2400mg/day, Fiber - 25-35 g/day, Carbohydrates - 130gm/day, Protein - 55-60g/day. In our subsequent issues we will cover each of these items in detail. For now, try reading some nutrition labels for yourself. Here's to happy reading and healthy eating!

Nutrition Facts	
Serving Size 175 g	
Amount Per Serving	
Calories 35	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 313mg	13%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 3g	
Vitamin A 214%	Vitamin C 53%
Calcium 10%	Iron 22%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

10 Best and Worst Foods

Best:	
Salmon	Carrots
Citrus Fruits	Brown Rice
Beans, any kind	Water
Tomatoes	Skim or 1% Milk
Boneless, skinless Chicken	Dark Green Vegetables

Worst	
Frozen meals	Potato Chips
Soda Pop	Bacon
French Fries	Fast- food
Hot Dogs	Superburgers
Donuts	Fried Foods
Sausage	



"Strength is the capacity to break a chocolate bar into four pieces with your bare hands — and then eat just one of the pieces."

~Judith Viorst