

Food and Fitness

West Virginia Bureau of Senior Services

Does Labeling “Natural” Mean Organic?



VERSES



Grocery shopping is a task that some people simply love while others dread. So much goes into what, why, and how we determine the products to purchase. Many times when choosing products, we want to pick the one that is “healthy” whether we do it purposefully or unintentionally. Food labels can be misleading and can make grocery shopping a more complex task. The current rave is how the word “natural” on a food label can potentially affect how we feel about a product and that it is “healthy” for us. The question is— what does “natural” on a label actually mean and is it similar to organic products?

As a consumer, we hope when we see the word “natural” on a product label it means safe, healthy, minimally processed, no hormones, no antibiotics, and no artificially flavoring. Unfortunately, natural on food labels can mean anything the producer of the product wants and come with no guarantee that the product is any of those things. So as far as the question above—natural on a food label simply means nothing. The product labelled “all natural”, 100% Natural”, or whatever array of wording used, that product can in fact be heavily processed and full of hormones, antibiotics, artificially flavored, etc.

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Does Labeling “Natural” Mean Organic?

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Unlike the term “organic,” the term “natural” on the food label is not regulated by the Food and Drug Administration (FDA) or the USDA (U.S. Department of Agriculture) in the U.S. The good news is the term organic is regulated by both. Organic guarantees the consumer that the product follows the regulations and specific rules before it can be called organic (see table below). Typically, organic foods are easily identifiable with the USDA image (shown on page 1). The only time “natural” holds any weight in labeling is when it is used to describe meat or poultry. In this case, the regulations states that the meat and poultry are free from artificial ingredients, added coloring, and are minimally processed.

In the end, natural does not mean organic or healthy. However, the term natural in some cases, may be used on highly processed foods. This does not mean that every product that states “natural” is heavily processed. The easiest method for self-determination of how much processing and added colors, flavors and etc. is to look at the ingredient list. The more items on an ingredient list can mean the more processed and the more additives. If looking at the ingredient list is too much of a task and you want to eat a diet with less additives and etc., know that the organic label guarantees these while the term “natural” does not.

How food is grown	Organic	Natural	Conventional
NO toxic and persistent pesticides	✓		
NO synthetic growth hormones	✓		
NO petroleum-based fertilizers	✓		
NO cloning	✓		
How food is processed	Organic	Natural	Conventional
NO artificial colors or flavors	✓	●	
NO artificial preservatives	✓	●	
NO irradiated products/ingredients	✓	●	
NO GMOs	✓	●	



REQUIREMENT

Verified using certification and inspection to ensure compliance with USDA regulations.



GUIDELINE

Established on a company by company basis; no overarching, third-party regulation.

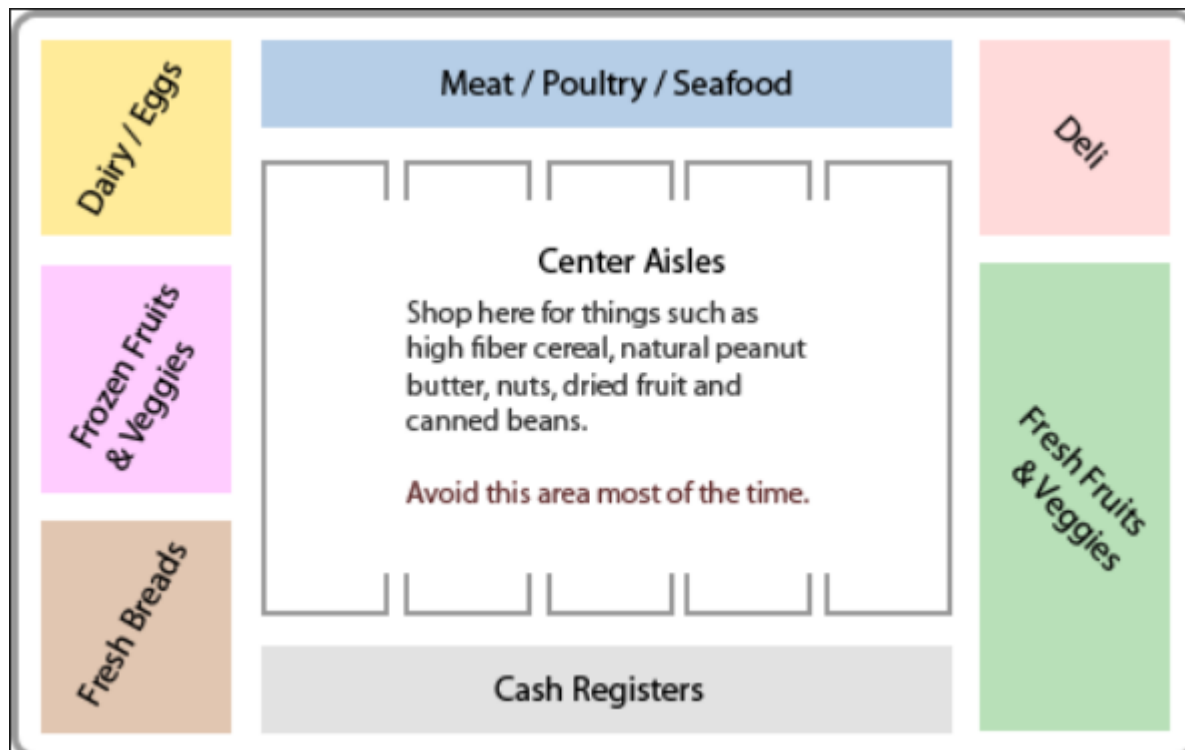
Grocery Store Shopping

5 Tips for Healthy Grocery Shopping



- Schedule time to go every week
- Don't shop in the middle aisles – stay on the outer aisles where the fresh food/produce is
- Never go hungry – eat something before you go
- Just because it says "Low Fat," "Low Calorie," "Good Source of..." , etc. or comes in green packaging DOES NOT mean it's healthy!!
- Prep and chop your fruits & veggies right when you get home so they're ready to eat when you're hungry

More healthy tips at GoSuperSisters.com



Chloride

Functions—Macro mineral

Chloride is an electrolyte that is used in the body to help regulate acid-base balance and any for the balance of osmotic pressure of fluids in the body. Chloride is also found in the gastric juices and is critical in making hydrochloric acid. Chloride is absorbed in the intestines and extra chloride leaves the body through urine. Levels of chloride can be tested by a 24-hour urine sample collection, blood test, or in some instances though a skin sweat test.



Daily Amounts Needed for Adults 50 and Older

Recommended Daily Allowance:

Ages: 51-70 – 2.0 g/d & 71+ years of age – 1.8 g/d

Food Sources

Most common source of chloride is sodium chloride—table salt. Salt is often found in large amounts during processing or cooking foods.

Deficiency

Deficiency in chloride is usually accompanied by sodium depletion. Deficiency in chloride or when levels in the blood drop too low is called hypochloremia. Hypochloremia caused from diet consumption is rare in due to the amount of table salt consumed. However, hypochloremia can be caused by heavy sweating, excessive fluid loss, over-hydration, burns, congestive heart failure, certain kidney disorders, and Addison's disease. Symptoms can be loss of appetite, muscle weakness, lethargy, dehydration, and alkalosis (excess base fluids).

Toxicity

Known as hyperchloremia. Hyperchloremia is typically not a concern whereas excesses of chloride can be excreted by the body but it can cause be caused by excessive intake, reduced excretion of urine, dehydration and intake of certain drugs. Symptoms can be pH imbalance, fluid retention, and high blood pressure.



Honey Peach Frozen Yogurt

Makes about 1 quart

Ingredients

3 ripe peaches, peeled and cut into chunks
(about 3 cups of cut fruit and you can use a
mix of white and yellow)

¼ cup honey

2 ½ cups Fage Greek yogurt



Method

1. With a blender or a hand blender, puree peaches.
2. Add, honey and yogurt and puree more.
3. Pour contents into ice cream maker and turn on for 25 to 30 minutes, until mixture is stiff and bunching into the blades.

Other tips:

- Try with other types of fruits or mix fruits.
- In the winter time, you can use thawed frozen fruits.
- If you don't have an ice cream maker, place it in the freeze in your favorite freezer safe container.

Recipe Received from: <http://weekofmenus.blogspot.com/2011/08/honey-peach-frozen-yogurt-on-getting.html>

Brain Exercise

Fourth Of July

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an Abraham Lincoln quotation.

L B C E L G A E D L A B N T H L O D S
A E S E F E W P A T R I O T I C E N T
V N H O L D E S N E A Y G B I C O H R
I F S F O E R T K T E A E N O O O E E
N R T E A Y B A I D L R C R L M E Y C
R A R S T R C R O F T I A L A M C T N
A N E U S O B S A Y P T A S F A N O O
C K A O M T H A O T I B J T R H E D C
E L M H A S O N I O I E R C E B D O B
B I E E D I T D N H F O O P E A N O E
A N R T A H D S S F P M N A D S E H T
R G S I N D O T E E E L S R O E P N S
B Y E H H E G R R D V E E A M B E O Y
E A I W O I S I Y T R A P D T A D I R
C D N N J O A P O T F O R E A L N T O
U I O T N S R E G R U B M A H L I A S
E L L H U E M S K R O W E R I F I N S
S O O R E D W H I T E B L U E E L H V
E H C M E H T N A L A N O I T A N S P

BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY

HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM
NATIONHOOD
PARADE
PARTY

PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE

July Monthly Observations

J U L Y 2 0 1 6

- World Watercolor Month
- National Anti-Boredom Month
- National Baked Bean Month
- National Cell Phone Courtesy Month
- National Culinary Arts Month
- National Grilling Month
- National Horseradish Month
- National Hot Dog Month
- National Ice Cream Month
- National Independent Retailer Month
- National July Belongs to Blueberries Month
- National Picnic Month

SUN MON TUE WED THU FRI SAT

					1 National Postal Worker Day	2 National Anisette Day
3 National Eat Your Beans Day	4 Independence Day	5 National Apple Turnover Day	6 National Fried Chicken Day	7 National Father Daughter Take a Walk	8 Collector Car Appreciation Day	9 National Sugar Cookie Day
10 National Pina Colada Day	11 National Cheer Up The Lonely Day	12 Paper Bag Day	13 National Beans 'N' Franks Day	14 National Nude Day	15 National Give Something Away Day	16 National Personal Chef's Day
17 World Emoji Day	18 National Get Out of The Dog House	19 National Daiquiri Day	20 National Moon Day	21 Get To Know Your Customers Day	22 National Hammock Day	23 National Day of The Cowboy
24 Cousins Day	25 National Threading the Needle Day	26 National Aunt and Uncle Day	27 National Scotch Day	28 Buffalo Soldiers Day	29 National Lipstick Day	30 National Father-in-Law Day
31 Mutt Day						

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**Contact
Information**

Brain Exercise Answers

