

# Food and Fitness



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## The 6 Changes to the Food Label

Have you noticed the changes to the food label? The Food and Drug Administration (FDA) has changed the guidelines for food labels. As of January 1, 2020, manufacturers with a revenue of over \$10 million dollars are required to be compliant with the new regulations, while smaller manufacturers will have until January 2021.

The changes to the food labels are important for the consumers. There are six changes to notice when looking at the original labels versus the new food labels (refer to page 3 for a side-by-side comparison).

### Serving Size

The new label has increased the font size for both the serving size and the servings per container. The serving size portion is also in bold to stand out for easy reading and quick identification. According to the Food and Drug Administration (FDA), the labels must reflect the true amount one would eat. For instance, a single serving of ice cream is  $\frac{1}{2}$  cup, but most consume  $\frac{3}{4}$  cups in one sitting. The labels must reflect what the consumer in today's society will consume.

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## New Label

Nutrition Facts	
1	8 servings per container <b>Serving size</b> 2/3 cup (55g)
2	<b>Amount per serving</b> <b>Calories</b> 230
% Daily Value*	
3	<b>Total Fat</b> 8g 10% Saturated Fat 1g 5% Trans Fat 0g
	<b>Cholesterol</b> 0mg 0% <b>Sodium</b> 160mg 7% <b>Total Carbohydrate</b> 37g 13% Dietary Fiber 4g 14% Total Sugars 12g
4	Includes 10g Added Sugars 20% <b>Protein</b> 3g
5	Vitamin D 2mcg 10% Calcium 200mg 15% Iron 8mg 45% Potassium 235mg 6%
6	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## The 6 Changes to the Food Label

(Continued from Page 1)

**Total Fat and Calories:** The number of calories is larger and bolded to stand out. The calories are easier to read at a glance. The calories from fat part has been completely removed from the label. The FDA notes that understanding what types of fats are more important than the calories from fat.

**Added Sugars:** Added sugars is one of the most talked about parts of the food label. Added sugars is a brand-new category. Previously, sugars were listed together whether the sugars are naturally occurring in the product or if the sugar was added. Added sugars versus natural sugars can be confusing. They have separated them on the label for the consumer to better understand how much sugar had been added to the product. For instance, foods like yogurt have natural sugar. Now the consumer can see how many grams of sugar have been added to their food aside from the ones that are naturally occurring.

The FDA's daily recommendations are to not exceed more than 10% of one's calories from added sugars. Following these recommendations was found to be difficult with food labels not providing the added sugars portion on the food labels.

Added sugars include different types of sugars, syrups, honey, and fruit juices.

**Daily Values:** The percentages have been updated for certain nutrients. Over time, research has changed the daily values and the label was updated to what is supported by the most current research. In addition, certain nutrients have been changed. Vitamins A and C have been removed from the label since deficiency in these vitamins is very rare. Instead, they have been replaced with nutrients that are of most concern in the American diet—potassium and iron.

**Dietary Fiber and Sodium:** These have also been updated to support the updated daily recommended values. Sodium was changed from 2,400mg to the new 2,300mg, and fiber from 25g to 28g.

**Footnote:** The bottom note has been changed to explain the daily value percentages and how they meet the nutrients.

The label needed updated and some changes were made. As time progressed and with supportive research, much has been learned about nutrients and the American diet. Changing the label was long overdue.

# All Current & New Labels Available

✓ Original Label

✓ New Label

## Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

### Amount Per Serving

**Calories** 230      Calories from Fat 72

**% 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
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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

## Nutrition Facts

8 servings per container  
**Serving size**      **2/3 cup (55g)**

### Amount per serving

**Calories**      **230**

**% Daily Value\***

**Total Fat** 8g      **10%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 37g      **13%**

Dietary Fiber 4g      **14%**

Total Sugars 12g

Includes 10g Added Sugars      **20%**

**Protein** 3g

Vitamin D 2mcg      10%

Calcium 260mg      20%

Iron 8mg      45%

Potassium 235mg      6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Vegetable—Swiss Chard

Swiss chard has a long list of aliases. To name a few, swiss chard has been called silver beet, crab beet, mangold, chard, strawberry spinach, and Roman kale. Swiss chard is related to the beet plant. However, this beet we can eat the leaf, stew, and root portion of the plant. With swiss chard, the leaves and stems are the most desirable portions.

Swiss chard is not as popular in the US as it is in the Mediterranean areas. It can be eaten both raw and cooked. If eaten raw, it provides a bitterness that can be removed when cooked. Swiss chard is noted for containing Vitamins A and K, and being low in calories and high in sodium. It also contains antioxidants, lutein, and chorine.

When choosing or cultivating, swiss chard should be firm with deep green colored leaves. The smaller the leaves the more mild flavor and tender. Swiss chard should be stored in the refrigerator.

Prone to kidney stones or on blood thinners? If so, you might want to not overindulge (especially in the raw form). Swiss chard has oxalic acid. People who are sensitive to oxalic acid have been linked to an increase in kidney stones. As for those on blood thinners, one cup of Swiss chard provides about three times the recommended daily allowance of Vitamin K.



### Caloric Ratio Pyramid

Caloric Ratio Pyramid for Chard, swiss, raw

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

<b>68%</b>	<b>9%</b>	<b>23%</b>
<b>Carbs</b>	<b>Fats</b>	<b>Protein</b>



### NutritionData's Opinion

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★☆☆☆☆

The good: This food is very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Folate and Zinc, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Riboflavin, Vitamin B8, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese.

The bad: This food is very high in Sodium.

## Chard, swiss, raw

Serving size: 1 cup (36g) 

## NUTRITION INFORMATION

Amounts per 1 cup (36g)

## Calorie Information

Amounts Per Selected Serving		%DV
Calories	6.8 (28.5 kJ)	0%
From Carbohydrate	4.7 (19.7 kJ)	
From Fat	0.6 (2.5 kJ)	
From Protein	1.6 (6.7 kJ)	
From Alcohol	0.0 (0.0 kJ)	

## Protein &amp; Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.6 g	1%

## Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	1.3 g	0%
Dietary Fiber	0.6 g	2%
Starch	~	
Sugars	0.4 g	

## Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	2202 IU	44%
Vitamin C	10.8 mg	18%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.7 mg	3%
Vitamin K	299 mcg	374%
Thiamin	0.0 mg	1%
Riboflavin	0.0 mg	2%
Niacin	0.1 mg	1%
Vitamin B6	0.0 mg	2%
Folate	5.0 mcg	1%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.1 mg	1%
Choline	6.5 mg	
Betaine	0.1 mg	

## Fats &amp; Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.1 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	2.5 mg	
Total Omega-6 fatty acids	22.7 mg	

[Learn more about these fatty acids and their equivalent names](#)

## Minerals

Amounts Per Selected Serving		%DV
Calcium	18.4 mg	2%
Iron	0.6 mg	4%
Magnesium	29.2 mg	7%
Phosphorus	16.6 mg	2%
Potassium	136 mg	4%
Sodium	76.7 mg	3%
Zinc	0.1 mg	1%
Copper	0.1 mg	3%
Manganese	0.1 mg	7%
Selenium	0.3 mcg	0%
Fluoride	~	

## Recipe—Sautéed Swiss Chard with Garlic and Lemon

### Ingredients

- 2 table spoons olive oil
- 4 garlic cloves, thinly sliced
- 1 teaspoon crushed red pepper flakes
- 2 large bunches swiss chard, ribs and stems removed and reserved, leaves torn into 2" pieced (about 12 cups)
- Kosher salt and freshly ground black pepper
- 2 tablespoons fresh lemon juice



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### Directions

1. Heat oil in a large skillet over medium heat.
2. Cook garlic, stirring occasionally, until golden brown, about 2 minutes.
3. Add red pepper flakes and half of Swiss chard, season with salt and pepper, and cook, tossing often, until wilted, about 4 minutes.
4. Add lemon juice and remaining chard and cook, tossing, just until all chard is wilted, about 1 minute; season with salt and pepper.
5. Enjoy!

## Don't Just Exercise Your Body, Workout Your Brain!

### Chef Solus Valentine's Day Healthy Heart Word Search Puzzle!



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

APPLES  
 FIBER  
 BEANS  
 HEART  
 VALENTINE

LOWFAT  
 EXERCISE  
 VEGETABLES  
 LEGUMES  
 SEEDS

NUTS  
 HEALTHY  
 AEROBICS  
 NUTRITION  
 ACTIVE



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# February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 National Freedom Day
2 Groundhog Day	3 Feed the Birds Day	4 Stuffed Mushroom Day	5 National Weatherman's Day	6 National Chopsticks Day	7 Bubble Gum Day	8 Boy Scout Day
9 National Pizza Day	10 Umbrella Day	11 Make a Friend Day	12 Plum Pudding Day	13 Get a Different Name Day	14 Valentine's Day	15 National Gum Drop Day
16 Do a Grouch a Favor Day	17 President's Day	18 National Drink Wine Day	19 National Chocolate Mint Day	20 Cherry Pie Day	21 Card Reading Day	22 Walking the Dog Day
23 Tennis Day	24 National Tortilla Chip Day	25 Mardi Gras	26 Ash Wednesday	27 Polar Bear Day	28 National Chili Day	29 Leap Day

## Monthly Observances

- American Heart Month
- An Affair to Remember Month
- Black History Month
- Canned Food Month
- Creative Romance Month
- Great American Pie Month
- National Bird Feeding Month
- National Cherry Month
- National Children's Dental Health Month
- National Grapefruit Month
- National Weddings Month
- Spunky Old Broads Month



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**Brain Exercise Answers**

Chef Solus Valentine's Day Healthy Heart Word Search Puzzle!

The word search puzzle grid is 15 columns wide and 15 rows high. The words found are:

- SCIENCE (vertical, column 1)
- HEALTHY (vertical, column 3)
- VEGETABLES (vertical, column 5)
- STAINLESS (vertical, column 6)
- RAW (horizontal, row 1, column 8)
- WOLF (horizontal, row 2, column 8)
- TAFFOL (horizontal, row 3, column 8)
- VALENTINE (horizontal, row 4, column 4)
- SMYSJIS (horizontal, row 5, column 4)
- ENBAFLTF (horizontal, row 6, column 4)
- SWINBUQN (horizontal, row 7, column 4)
- BEANSOQS (horizontal, row 8, column 4)
- REBIF (horizontal, row 9, column 4)
- ROGTQCUE (horizontal, row 10, column 4)
- APPLES (horizontal, row 11, column 2)
- XIQVVR (horizontal, row 11, column 7)
- HEART (horizontal, row 12, column 7)
- ETGWNNUU (horizontal, row 13, column 4)
- NRQOYCE (horizontal, row 14, column 4)