

# Food and Fitness

August 2017

Volume 181

WEST VIRGINIA BUREAU OF SENIOR SERVICES

## The Newest Update to the Nutrition Facts Label

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If you have noticed, the Nutrition Fact labels have been taking on new changes on food packages. Previous to the current regulations that are in the works, it has been more than 20 years since the Nutrition Fact labels have been changed. Over a year ago, the Food and Drug Administration (FDA) made changes to the Nutrition Facts label to reflect current scientific information. The FDA used information that linked diet and chronic disease to create an updated food label. According to the FDA, “the new label would make it easier for consumers to make better informed food choices.” With combining new knowledge in the field of nutrition and public health research from experts in both, the Nutrition Facts label was updated.

The overall design of the Nutrition Fact label remains the same but has been updated in some areas. For instance, the calorie and serving sizes are bold. The label now must include the amount of vitamin D, calcium, iron, and potassium in gram amount and not just the percent, “Daily Value.” Calcium and iron were already required and vitamin D and potassium will be added.

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# The Newest Update to the Nutrition Facts Label

(Continued from Page 1)

Vitamin A and C are no longer required to be on the label but can be added voluntarily. “Calories from fat” are being removed but the kinds of fats listed will remain. “Added sugars” will be added in both grams and percent Daily Value. Other values, like sodium and fiber are being updated to support the most current research.

According to the law, serving sizes must be based off the amounts of food people actually consume, and not what they should be eating. The FDA states the amount of food people are eating has changed since the last time they were revised in 1993. The size of the package influences the amount of food someone eats. For some products that contain more food than what research shows as a serving in one setting, will have a two column Nutritional fact listing. One will state “per package” and the other “per unit.”

All food manufacturers will be required to comply with the current updates. As of recent, the date to be in compliance with the new label detail has been extended. Be on the lookout for new labels that are designed to make it easier for you, the consumer.

**NEW LABEL / WHAT'S DIFFERENT**

**Servings:**  
larger,  
bolder type

**New:**  
added sugars

**Change**  
in nutrients  
required

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 280mg	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.


Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote



## SIDE-BY-SIDE COMPARISON

### Original Label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
<b>Calories</b> 230	Calories from Fat 72		
% Daily Value*			
<b>Total Fat</b> 8g	<b>12%</b>		
Saturated Fat 1g	5%		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 160mg	<b>7%</b>		
<b>Total Carbohydrate</b> 37g	<b>12%</b>		
Dietary Fiber 4g	16%		
Sugars 1g			
<b>Protein</b> 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
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

### New Label

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 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.	

**Note:** The images above are meant for illustrative purposes to show how the new Nutrition Facts label might look compared to the old label. Both labels represent fictional products. When the original hypothetical label was developed in 2014 (the image on the left-hand side), added sugars was not yet proposed so the "original" label shows 1g of sugar as an example. The image created for the "new" label (shown on the right-hand side) lists 12g total sugar and 10g added sugar to give an example of how added sugars would be broken out with a % Daily Value.

## Mineral— Selenium

### Functions

Selenium is a mineral that is an indirect antioxidant that works with vitamin E. Selenium is important for reaching optimal activity levels. Selenium is necessary for iodine metabolism, repairing DNA, immune system function, and detoxification of heavy metals.



### Recommendations

Recommended Dietary Allowances (RDA):

Men and Women 51 and Older:  
55 µg/d

### Food Sources:

Eggs	Garlic
Wheat Bran	Brown Rice
Oats	Whole Wheat
Breads	
Brazil Nuts	
Maybe found in seafood	

**Deficiency** symptoms can include: defects in the immune process, muscle pain or weakness, whitening of the nail beds, loss of pigment in the hair and skin, and poor growth.

**Toxicity** symptoms can include: hair and skin loss, lesions of the scalp and skin, vomiting, and nervous system abnormalities.



# Cinnamon Sugar Baked Peaches

**YIELD:** 6

**PREP TIME:** 5 MINUTES

**COOK TIME:** 10 MINUTES

**TOTAL TIME:** 15 MINUTES



## Ingredients:

- 3 large ripe peaches
- 1 to 2 Tablespoons salted butter
- 2 Tablespoons light brown sugar
- 1/4 teaspoon cinnamon
- vanilla ice cream or whipped cream and caramel sauce, for serving if desired

## Directions:

Pre-heat oven to 375 degrees.

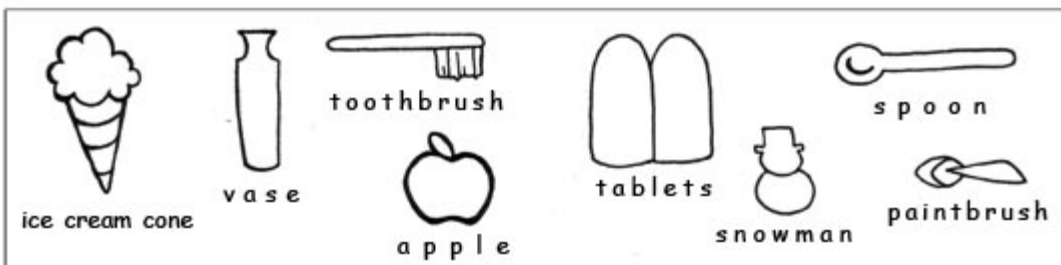
Slice peaches in half and remove the pit. Place in a oven safe pan. Place a small piece (about 3/4 teaspoon) of butter in the middle of each peach.

These also taste delicious grilled. Place the peach in a piece of foil and wrap. Grill until the tops are golden (about 8 to 12 minutes).

## Brain Exercise

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

Find the Hidden Images



Answers on Page 9



# August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>National Girlfriends</i>	2 <i>National Ice Cream Sandwich</i>	3 <i>National Watermelon</i>	4 <i>U.S. Coast Guard Day</i>	5 <i>National Mustard</i>
6 <i>Sisters Day</i>	7 <i>National Lighthouse Day</i>	8 Sneak <i>Zucchini onto your Neighbor's</i>	9 <i>Book Lover's Day</i>	10 <i>National S'mores Day</i>	11 <i>Presidential Joke Day</i>	12 <i>Middle Child's Day</i>
13 <i>Left Handers</i>	14 <i>National Creamsicle</i>	15 <i>Relaxation Day</i>	16 <i>National Tell a Joke</i>	17 <i>National Thrift Shop</i>	18 <i>Bad Poetry Day</i>	19 <i>National Potato Day</i>
20 <i>National Radio Day</i>	21 <b>Senior Citizen's</b>	22 <i>Be an Angel Day</i>	23 <i>Ride the Wind Day</i>	24 <i>Vesuvius Day</i>	25 <i>Kiss and Make Up</i>	26 <i>National Dog Day</i>
27 <i>Just Because Day</i>	28 <i>Daughter's Day</i>	29 <i>More Herbs, Less Salt Day</i>	30 <i>Toasted Marshmallow Day</i>	31 <i>National Eat Outside Day</i>		

## August Monthly Observations

- Admit You're Happy Month
- Family Fun Month
- National Catfish Month
- National Eve Exam Month
- National Golf Month
- Peach Month
- Romance Awareness Month
- Water Quality Month
- National Picnic Month
- \_\_\_\_\_
- Week #1—National Simplify Your Life Week
- Week #2—National Smile Week
- Week #3—Friendship Week
- Week #4—Be Kind to Humankind Week

August 2017

# Practicing Mindfulness

By Ami Cook, WVU Extension Agent, Braxton County



## Health Motivator Talking Points

Did you know . . . ?

Mindfulness is paying attention on purpose, in the present moment and non-judgmentally. There are three basic aspects of mindfulness: body, breath and thoughts. Mindfulness is powerful for your brain. It can help you balance stress, lower anxiety and depression, improve sleep, lessen chronic pain and more. How? The focusing and refocusing with mindfulness practices can increase brain connectivity and builds your memory and ability to pay attention.

Practice these daily mindful activities to benefit your brain.

- *Mindful breathing* – Find a comfortable place where you won't be disturbed for 5 to 10 minutes. Sit upright with your hands in your lap. Take a deep breath. Close your eyes, if you wish. Simply notice the breath as you breathe in and out. Focus on the sensation of air moving in and out of your lungs. Notice your chest rising up and down. As thoughts come into your mind, acknowledge the thought and refocus on your breathing. Breathe in and out for 5 minutes. Gradually return, widen your attention and open your eyes. Try mindful breathing one to two times a day and gradually increase as desired.
- *Mindful walking* – Begin walking more slowly than usual. Notice your surroundings – sights, sounds and smells. Be aware of your body by paying attention to sensations in your feet and legs. Feel your feet touching the ground. Notice what muscles are working to move your legs. Pay attention to your breath as it increases. Acknowledge other thoughts as they come and then refocus on the present.

## Quick Club Activity: Use Humor to Accept Your Thoughts

Pick a worry that weighs heavily on your mind or that you carry with you often. Say it out loud. Now, pick a favorite tune. Sing about your worry.

Here is a fun example (sung to the tune of "Jingle Bells") – *"Dirty house, dirty house, dirty to the max, neighbor's here and house is a mess on this awful day. Oh! Dirty house, dirty house, they will be so sad. Maybe next year Santa Claus will bring a brand new maid! Hey! Dirty house, dirty house . . ."*





## Brain Exercise Answers



**Nutrition Consultant to the West Virginia**

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