



Learning at Your Fingertips

Nutrition 2.0



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Overview

Roughly one-third of adult Americans are obese and hundreds of billions of dollars are spent on weight-related medical costs each year, according to the Centers for Disease Control and Prevention. Poor nutrition and the American fast-food diet are largely to blame.



Overview

To combat the rising obesity epidemic, government agencies including the U.S. Department of Agriculture and the U.S. Department of Health and Human Resources compiled a list of key nutrition concepts to help Americans make healthy choices. Mostly, good diet is a matter of common sense -- eat less and eat fresh.



10 Key Basic Nutrition Concepts

1. Limit Sodium

Excessive sodium intake is associated with health risks including high blood pressure. Healthy adults should limit their sodium consumption to 2,300 milligrams per day. If you are over 51, are African American or have diabetes, high blood pressure or kidney disease, you should keep your sodium intake below 1,500 milligrams per day, according to the Dietary Guidelines for Americans, 2010. Limit your intake of processed foods and replace salt with spices and herbs to give food flavor.



10 Key Basic Nutrition Concepts

2. Consume Whole Grains

Make sure that at least half of the grains you eat each day are whole grains. Replace sugary breakfast cereal with a bowl of hot oatmeal or bran, make your lunch sandwich with whole-wheat bread and use whole-wheat spaghetti noodles for dinner.



10 Key Basic Nutrition Concepts

3. Eat Seafood

Eat seafood at least twice a week. Fish and shellfish are excellent sources of nutrients including heart-healthy omega-3 fatty acids. Grill or bake fish fillets to keep your meal lean. Top a salad with canned salmon or tuna for an inexpensive but nutritious meal.



10 Key Basic Nutrition Concepts

4. Eat Less

Habitual overeating leads to weight gain and a whole host of medical problems. Use a small plate to limit your portion size and don't go back for seconds. Eat each meal slowly and thoughtfully. Enjoy the food and stop when you are full.



10 Key Basic Nutrition Concepts

5. Eat More Produce

Fruits and vegetables are loaded with essential vitamins and minerals and they are low-calorie too! Try to incorporate produce into every meal. Sprinkle your cereal with berries, enjoy vegetable soup and a salad for lunch and make a vegetable lasagna for dinner. Take advantage of convenience frozen vegetables and fruits.



10 Key Basic Nutrition Concepts

6. Diversify Protein

A juicy steak may be delicious, but it is also high in fat and cholesterol. Limit your consumption of red meat, and incorporate a variety of other proteins such as beans, eggs, legumes, nuts, fish, low-fat dairy and poultry into your diet.



10 Key Basic Nutrition Concepts

7. Choose Low-fat Dairy

Dairy products are a good source of calcium and protein. Trim away extra fat and calories by choosing low-fat milk, cheese, yogurt and sour cream. Avoid sugar and calorie-laden flavored milk, ice cream, yogurt, cream cheese and pudding.



10 Key Basic Nutrition Concepts

8. Avoid Trans- and Saturated Fats

Avoid trans fats whenever possible and limit your consumption of saturated fats to less than 10 percent of your daily calorie intake.

Whenever possible, replace saturated fats with mono- or polyunsaturated fats. One simple, heart-healthy swap is to replace solid butter or margarine with olive or canola oil.



10 Key Basic Nutrition Concepts

9. Drink Smart

Soda, juice and flavored coffee add a lot of sneaky sugar and calories to your diet. Sip on low-fat milk, water and 100-percent fruit and vegetable juices instead.



10 Key Basic Nutrition Concepts

10. Save Treats for Special Occasions

A bag of chips or a slice of cake won't ruin your diet as long as they are kept as occasional treats. Keep your meals and snacks nutritious, but splurge on a tasty dessert once in a while.



Understanding Food Labels

Here are some tips for making the most of the information on the Nutrition Facts label:

1 - Start with the serving information at the top of the label.

This will tell you the size of a single serving and the total number of servings per container (package).



1

Nutrition Facts

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

2

Amount Per Serving

Calories 230 Calories from Fat 72

% Daily Value*

3

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

4

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

5

* 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

Understanding Food Labels

2 - Next, check total calories per serving.

Pay attention to the calories per serving and how many servings you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

The next section of information on a nutrition label is about the amounts of specific nutrients in the product.



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Understanding Food Labels

3 - Limit these nutrients.

AHA recommends limiting these nutrients: Based on a 2,000 calorie diet, no more than 11-13 grams of saturated fat, as little *trans* fat as possible, and no more than 1,500 mg of sodium.



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	% Daily Value*
3	Total Fat 8g 12% Saturated Fat 1g 5% <i>Trans</i> Fat 0g
	Cholesterol 0mg 0%
	Sodium 160mg 7%
	Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 1g
4	Protein 3g
	Vitamin A 10%
	Vitamin C 8%
	Calcium 20%
	Iron 45%
5	* 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

Understanding Food Labels

4 - Get enough of these nutrients.

Make sure you get enough of beneficial nutrients such as: dietary fiber, protein, calcium, iron, vitamins and other nutrients you need every day.



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Understanding Food Labels

5 - Quick guide to % Daily Value.

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount.



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Understanding Food Labels

Here are more tips for getting as much health information as possible from the Nutrition Facts label:

- Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight.
- When the Nutrition Facts label says a food contains "0 g" of *trans* fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains *trans* fat, but less than 0.5 grams of *trans* fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of *trans* fat.



Healthy Eating Starts at Home

Meals away from home account for at least half of the money Americans spend on food. But saving money – while eating healthier – is easier than you might think.



Healthy Eating Starts at Home

About one-third of Americans are overweight or obese, including nearly 13 million children. Childhood obesity has become a major health concern, causing health problems in children that previously weren't seen until adulthood such as high blood pressure, type 2 diabetes and high cholesterol. Parents are key to helping overcome this national epidemic.



Healthy Eating Starts at Home

“We want to help people establish a healthier way of life so they can be around to enjoy their families. Parents and grandparents can pass down a healthy legacy to their children and grandchildren – and we can help the next generation of Americans lead better, longer and healthier lives.” ~ Dr. Rachel Johnson, Ph.D., MPH, R.D., Chairperson of the American Heart Association Nutrition Committee



Healthy Eating Starts at Home

Here are some tips to help you and your family start eating healthier:

- **Enjoy meals together.** When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much.
- **Get kids involved in cooking and planning meals.** Everyone develops good eating habits together and the quality time with the family will be an added bonus.



Healthy Eating Starts at Home

Here are some tips to help you and your family start eating healthier:

- **Eating healthier at home starts with the ingredients you use.** Many favorite recipes can be made healthier by substituting ingredients.
- **When you use oils for cooking, baking or in dressings or spreads, choose healthier oils —** which include canola, corn, olive, safflower, sesame, soybean and sunflower oils.



Healthy Eating Starts at Home

Here are some tips to help you and your family start eating healthier:

- **Limit added sugars in your family's diet.** Sugar-sweetened beverages are the largest source of added sugars for most of us, so reduce or cut out soda, sports drinks, energy drinks and fruit drinks as well as enhanced waters, sweetened teas and sugary coffee drinks. Drink more plain water instead.
- **Try to reduce the amount of sodium you eat.** If using packaged foods, compare food labels, and choose the product with the least amount of sodium. Use herbs and spices to add flavor when cooking, instead of salt.



Healthy Eating Starts at Home

Here are some tips to help you and your family start eating healthier:

- **Eat more vegetables and fruits, whether fresh, frozen, dried or canned.** Add them to dishes your family already loves and use them as healthier sides, snacks and desserts. If you choose canned, watch for added sodium and sugars.



Healthy Grocery Shopping

While it's generally healthier and cheaper to buy groceries at the store and prepare your meals at home, sometimes the sheer number of food choices at the supermarket can seem overwhelming.

Here are some tips to help you be heart-smart at the grocery store and choose good-for-you foods.



Healthy Grocery Shopping

Fruits and Vegetable:

- Be sure to buy and eat a wide variety of fruits and vegetables.
- When fresh foods aren't available, choose frozen or canned vegetables and fruits in water without added sugars, saturated and trans fat, or salt.
- Buy more fruits and vegetables that are good sources of fiber, including beans, peas, oranges, bananas, strawberries and apples.



Healthy Grocery Shopping

Fruits and Vegetable:

- Stock up on raw vegetables for snacks such as carrot and celery sticks, broccoli, cherry tomatoes and cauliflower.
- For desserts, buy fresh or canned fruits (in water without added sugars), dried fruit (without added sugars), and gelatin that contains fruit, instead of baked goods and sweets.
- Don't buy lots of fruit juice. It doesn't provide the fiber whole fruit does and it's not as good at satisfying hunger.



Healthy Grocery Shopping

Milk, Cheese, Butter & Eggs:

- Select fat-free (skim) or low-fat (1%) milk.
- Avoid milk that contains added flavorings such as vanilla, chocolate or strawberry. They usually have added sugars and calories.
- Choose fat-free, low-fat or reduced-fat cheeses.



Healthy Grocery Shopping

Milk, Cheese, Butter & Eggs:

- Use egg whites or egg substitutes instead of egg yolks. (Substitute two egg whites for each egg yolk in recipes that call for eggs.)
- Choose soft margarines that contain “0 grams trans fat” instead of buying butter. (These margarines usually come in tubs.)



Healthy Grocery Shopping

Milk, Cheese, Butter & Eggs:

- Don't buy a lot of butter, cream and ice cream. Save those for special occasions and, even then, limit how much you eat. These foods have more saturated fat than whole milk.
- Watch out for the saturated and/or partially hydrogenated fats hidden in casseroles, bakery goods, desserts and other foods. Read the Nutrition Facts label to determine the saturated fat, trans fat and cholesterol content of foods you're considering.



Healthy Grocery Shopping

Meat, Poultry, Fish & Nuts:

- Buy and prepare more fish. You should eat one serving of grilled or baked fish at least twice a week. (A serving is roughly the size of a checkbook.) Good examples of fish to buy include salmon, trout and herring.
- Choose lemon juice and spices to eat with fish. Don't add cream sauces.
- Stay away from fried fish. It's usually high in fat — often trans fat.



Healthy Grocery Shopping

Meat, Poultry, Fish & Nuts:

- Choose cuts of red meat and pork labeled “loin” and “round”; they usually have the least fat.
- Buy “choice” or “select” grades of beef rather than “prime,” and be sure to trim off the fat before cooking.
- When buying or eating poultry, choose the leaner light meat (breasts) rather than the fattier dark meat (legs and thighs). Try the skinless version or remove the skin yourself.



Healthy Grocery Shopping

Meat, Poultry, Fish & Nuts:

- Select more meat substitutes such as dried beans, peas, lentils or tofu (soybean curd) and use them as entrees or in salads and soups. A one-cup serving of cooked beans, peas, lentils or tofu can replace a two-ounce serving of meat, poultry or fish.
- Pick up nuts and seeds, which are good sources of protein and polyunsaturated and monounsaturated fats – but remember, they tend to be high in calories, so eat them in moderation.



Healthy Grocery Shopping

Bread & Baked Goods:

- Choose whole-grain, high-fiber breads, such as those containing whole wheat, oats, oatmeal, whole rye, whole grain corn and buckwheat. Choose breads and other foods that list whole grains as the first item in the ingredient list.
- Limit the amount of bakery products you purchase, including doughnuts, pies, cakes and cookies. Look instead for fat-free or low-fat and low-sodium varieties of crackers, snack chips, cookies and cakes.



Healthy Grocery Shopping

Bread & Baked Goods:

- Remember that most store-baked goods are made with egg yolks, saturated fats and/or trans fats. (Read the Nutrition Facts label to determine the saturated fat, trans fat and cholesterol content.) Check for store-baked goods that are made with polyunsaturated or monounsaturated oils, skim or reduced-fat milk, and egg whites — or make your own.
- Instead of buying a raisin bran muffin, buy a loaf of raisin bread and enjoy a slice for breakfast or lunch.



Healthy Grocery Shopping

Oils, Dressings & Shortenings:

- Buy and use fats and oils in limited amounts.
- When you must use oils for cooking, baking or in dressings or spreads, choose the ones lowest in saturated fats, trans fats and cholesterol — including canola oil, corn oil, olive oil, safflower oil, sesame oil, soybean oil and sunflower oil.



Healthy Grocery Shopping

Oils, Dressings & Shortenings:

- Stay away from palm oil, palm kernel oil, coconut oil and cocoa butter. Even though they are vegetable oils and have no cholesterol, they're high in saturated fats.
- Buy a nonstick pan or use nonstick vegetable spray when cooking.
- Choose reduced-fat, low-fat, light or fat-free salad dressings (if you need to limit your calories) to use with salads, for dips or as marinades.



Summary

A healthy diet and lifestyle are your best weapons to fight obesity and other health related illnesses. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps part of your life for long-term benefits to your health.

