

The UConn Buzz



UNDERSTANDING THE NUTRITION FACTS LABEL

In 2016, the [U.S. Food and Drug Administration](#) (FDA) announced the new Nutrition Facts label to be placed on all packaged foods. The label was changed to reflect the most up to date scientific knowledge and to make it easier for consumers to make healthy food choices. While some food manufacturers have already adopted the new label, companies still have until 2021 before the new label is required. This is why you may be seeing a mix of the old and new food labels in grocery stores.

We all know the importance of eating healthy, but sometimes reading the [Nutrition Facts label](#) can be a bit confusing. A good place to start is to look at the **calories**. The amount of calories per serving of food is now reported in larger, bold print. The key to maintaining a healthy weight is to balance the amount of calories you consume with the amount of calories your body uses throughout the day. In general, 100 calories per one serving is considered moderate and 400 calories or more per one serving is considered high. The **servings per container** is based on the amount of that food item that is typically consumed in one sitting, and is not necessarily the recommended amount of food to eat. Many packages of food contain more than one serving—this is reflected on the “**servings per container**” section of the label. This is important to know for keeping track of calories. For instance, in the food label pictured there are 240 calories per serving, but there are 4 servings per container. This means if you were to eat the entire package of food, you would be consuming 960 calories.

Another important guide to use is the “**Daily Value**” listed to the right of each nutrient. The % Daily Value is the percentage of the daily recommended amount of the nutrient that is provided from one serving. A Daily Value of 5% or less means the food item is low in that nutrient. A Daily Value of 20% or greater means the food item is high in that nutrient. Some of the nutrients listed on the food label are very [beneficial](#). You

should strive to eat foods with high % Daily Values of dietary fiber, potassium, calcium, iron and Vitamins A, C and D. Vitamin D and potassium are now required to be on the new food label because many Americans fall short of the recommended daily amount of these nutrients.

Also new on the updated food label is the requirement to include “[Added Sugars](#)”. This refers to the amount of sugar that is added during processing. It also includes sugars from things like honey, syrups, and concentrated fruit or vegetable juices, but it does not include the *naturally occurring* glucose and fructose found in fruits and some vegetables. Too much [added sugar](#)

in your diet can lead to an increased risk of weight gain, heart disease and Type 2 Diabetes. It is recommended that less than 10% of your daily calories come from added sugars. Other nutrients that you should try to eat less of include saturated fat, trans fat, and sodium. Diets that are high in these nutrients are associated with an increased risk of conditions such as heart disease and high blood pressure. The recommendation is to consume less than 100% Daily Value for each of these. For trans fat, you’ll notice there is no % Daily Value. It is recommended to keep your trans fat intake as low as possible.

The ingredients list is another helpful tool. It lists all of the ingredients in a food item based on weight. So the ingredient that weighs the most is listed first and the ingredient that weighs the least is listed last. One ingredient to be on the lookout for is “[partially hydrogenated oil](#)”, which is another word for trans fat. Some food items may show 0 grams of trans fat on the label, but then include partially hydrogenated oil in the ingredient list. This means that the food item does actually contain trans fat, but less than 0.5 grams per serving. Still, this information could be important if you plan on eating more than one serving.

Lastly, keep in mind that the Nutrition Facts label is based on a 2,000 calorie a day diet, which is considered average. The amount of daily calories and nutrients your body needs may vary based on your age, sex, activity level and whether you are trying to lose, gain, or maintain your weight. For more information and tips on eating a healthy diet click [HERE](#).

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	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.

HAPPENINGS AROUND TOWN

Connecticut Trails Day 2019– There are over 240 nature walks and hikes planned for June 1st and 2nd to celebrate National Trails Day, including some in Coventry, Mansfield, Tolland, and Willington. Click [HERE](#) to find an event near you!

Coventry Farmer’s Market is opening for its 16th season on Sunday June 2nd! The market is open every Sunday 11 am– 2 pm until October 27th. For more information click [HERE](#).

14th Annual John E. Jackman Tour de Mansfield is a great opportunity to explore Mansfield's historic villages, scenic roads, and new downtown! The Tour will take place on Saturday, June 8, 2019. Click [HERE](#) to register!

Summer Solstice Trail Run- Choose between a 3.3 mile or 5.5 mile early morning trail run through Gay City State Park in Hebron on Sunday June 16th. Click [HERE](#) for details and to register.



Vegetable Enchiladas

6-8 Servings

INGREDIENTS

◆ 1 large onion, chopped ◆ 2 garlic cloves, minced ◆ 1 large zucchini, shredded ◆ 1 lb. fresh green beans, diced ◆ 1 medium yellow pepper, diced ◆ 2 medium carrots, shredded ◆ 1/2 cup cilantro, coarsely chopped ◆ 15 oz. tomato sauce ◆ 1 T chili powder ◆ 8 oz. Jack Cheese, shredded ◆ 8 whole wheat tortillas

DIRECTIONS 1. In a large pan over medium heat, cook vegetables (except cilantro) for 15 minutes, until tender crisp. 2. Mix chili powder and tomato sauce; add 1/4 cup to vegetable mixture. Add cilantro to vegetable mixture and mix well. 3. Take 1 tortilla, place about 1 oz. of cheese down middle of tortilla, add 1/8 of the vegetable mixture; roll and place seam side down in baking dish. Repeat this step for each tortilla. 4. Top with remaining tomato sauce and bake at 400° for 20 minutes or until bubbly.

Men's Health Month

Men's Health Month is celebrated nationwide every June—the goal is to increase awareness of men's health issues and encourage men and boys to seek regular medical advice to decrease preventable health problems. As of 2014, [the average life expectancy](#) of a woman in the U.S. was 81.2 years, whereas for a man it was only 76.4 years. To compare, in 1920, on average women only lived one year longer than men. In the U.S., men are dying at higher rates than women for 9 out of 10 of the leading causes of death. This has been referred to as a Silent Health Crisis by [Dr. David Gremillion](#) of Men's Health Network—the fact that “on average, American men live sicker and die younger than American women”. [Compared to women](#), men are more likely to engage in unhealthy behaviors such as smoking and drinking too much alcohol. On top of this, men are more

likely to put off regular medical check-ups and treatment. Regular visits with your healthcare provider are important for many reasons including screening for illnesses, updating vaccines, encouraging healthy behavior and getting to know your provider. It's important to attend [regular doctor visits](#) even when you feel healthy, because many diseases may not show symptoms right away. For instance, high blood pressure is referred to as the “[silent killer](#)” because there are often no obvious symptoms to let you know something is wrong. The only way to know is to have your blood pressure monitored by a healthcare provider. There are other important health screenings that men should have regularly including cholesterol screening, diabetes screening, and for older men, prostate and colorectal cancer screenings. For a full list of recommended preventive health

screenings for men 18-39 years old click [HERE](#), and for men 40-64 years old click [HERE](#).

It's important to be aware of the health problems men face because we all have men in our life that we care about. “Because of its impact on wives, mothers, daughters, and sisters, [men's health is truly a family issue.](#)”

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.

