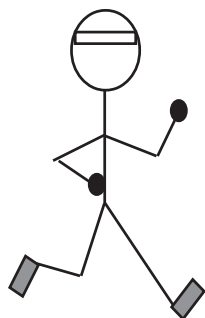


# Making Healthy Choices

## Guidelines for Good Health



### AIM FOR FITNESS...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

### BUILD A HEALTHY BASE...

- Focus on fruits.
- Vary your veggies.
- Get your calcium-rich foods.
- Make 1/2 your grains whole.
- Go lean with protein.
- Keep food safe to eat.

### CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

# HOW TO READ THE FOOD LABEL

Adapted from the American Heart Association

## Serving Size

Is your serving the same size as the one on the label? If you eat double the serving size listed, you need to double the nutrient and calorie values. If you eat one-half the serving size shown here, cut the nutrient and calorie values in half.

## Calories

Are you overweight? Cut back a little on calories! Look here to see how a serving of the food adds to your daily total. A 5'4", 138-lb. active woman needs about 2,200 calories each day. A 5'10", 174-lb. active man needs about 2,900. How about you?

## Total Carbohydrate

Carbohydrates are in foods like bread, fruits and starchy vegetables. Choose these often! They give you nutrients and energy.

## Dietary Fiber

Grandmother called it "roughage," but her advice to eat more is still recommended! That goes for both soluble and insoluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans and peas are all good sources of fiber and can help reduce the risk of heart disease and cancer.

## Protein

Most Americans get more protein than they need. Where there is animal protein, there is also fat and cholesterol. Eat small servings of lean meat, fish and poultry. Use skim or lowfat milk, yogurt and cheese. Try vegetable proteins like beans or peas.

## Vitamins & Minerals

Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

# Nutrition Facts

Serving Size 1/2 cup (114g)  
Servings Per Container 4

## Amount Per Serving

**Calories** 90      **Calories from Fat** 30

% Daily Value\*

**Total Fat** 3g      **5%**

**Saturated Fat** 0g      **0%**

**Trans Fat** 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 300mg      **13%**

**Total Carbohydrate** 13g      **4%**

**Dietary Fiber** 3g      **12%**

**Sugars** 3g

## Protein

Vitamin A      80%      •      Vitamin C      60%

Calcium      4%      •      Iron      4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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
Fiber		25g	30g

Calories per gram:  
Fat 9      •      Carbohydrate 4      •      Protein 4

More nutrients may be listed on some labels

## Total Fat

Aim low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your **calories from fat**. For a healthy heart, choose foods with a big difference between the total number of calories and the number of calories from fat.

## Saturated Fat

Saturated fat is part of the total fat in food. It is listed separately because it is a key player in raising blood cholesterol and your risk of heart disease. When comparing foods, choose those with lower amounts of saturated fat.

## Trans Fat

A new kind of fat? No--trans fat is another type of fat in food. Trans fat, like saturated fat and dietary cholesterol, raises blood cholesterol and increases your risk for heart disease. Eat less!

## Cholesterol

Too much cholesterol -- a second cousin to fat -- can lead to heart disease. Challenge yourself to eat less than 300 mg each day.

## Sodium

You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low -- 2,300 mg or less each day.\*

\*The AHA recommends no more than 2,300 mg sodium per day for healthy adults.

## Daily Value

Feel like you're drowning in numbers? Let the Daily Value be your guide. Daily Values are listed for people who eat 2,000 or 2,500 calories each day. If you eat more, your personal daily value may be higher than what's listed on the label. If you eat less, your personal daily value may be lower.

For fat, saturated fat, cholesterol and sodium, choose foods with a low **Daily Value** (5% or less). For total carbohydrate, dietary fiber, vitamins and minerals, choose foods with a high % DV (20% or more).

g = grams (About 28 g = 1 ounce)  
mg = milligrams (1,000 mg = 1g)

Adapted from the American Heart Association

## Nutrient Content Claims

Rest assured, when you see the following common key words and health claims on product labels, they mean what they say as defined by the government. For example:

<b>Key Words</b>	<b>What They Mean</b>
Fat Free	Less than 0.5 grams of fat per serving
Low Fat	3 grams of fat (or less) per serving
Lean	Less than 10 grams of fat, 4.5 grams of saturated fat and no more than 95 mg of cholesterol per serving
Light (Lite)	At least 1/3 less calories or no more than 1/2 the fat of the higher-calorie, higher-fat version; or no more than 1/2 the sodium of the higher-sodium version
Cholesterol Free	Less than 2 milligrams of cholesterol and 2 grams or less of saturated fat per serving

## To Make Health Claims About... The Food Must Be...

Heart Disease and Fats	Low in fat, saturated fat and cholesterol
Blood Pressure and Sodium	Low in sodium
Heart Disease and Fruits, Vegetables and Grain Products	A fruit, vegetable or grain product low in fat, saturated fat and cholesterol, that contains at least 0.6 grams soluble fiber, without fortification, per serving

*Other claims may appear on some labels*

# Nutrition

# Facts

## Tuna in Water:

Nutrition Facts	Amount/serving	%DV*	Amount/Serving	%DV*
Serv. Size 2 oz drained (56 g - about 1/4 cup) Servings about 2.5				
<b>Calories</b> 60				
Fat Cal. 5				
*Percent Daily Values (DV) are based on a 2,000 calorie diet				
<b>Total Fat</b> 0.5g		<b>1%</b>	<b>Total Carb.</b> 0g	<b>0%</b>
Sat. Fat 0 g		<b>0%</b>	Fiber 0g	<b>0%</b>
Trans Fat 0g			Sugars 0g	
<b>Cholest.</b> 30mg		<b>10%</b>	<b>Protein</b> 13g	<b>23%</b>
<b>Sodium</b> 290mg		<b>12%</b>		
Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%				
<b>Ingredients:</b> Light tuna, water, vegetable broth, salt				
<b>Contains:</b> Tuna, soy				

## Tuna in Oil:

Nutrition Facts	Amount/serving	%DV*	Amount/Serving	%DV*
Serv. Size 2 oz drained (56 g - about 1/4 cup) Servings about 2.5				
<b>Calories</b> 110				
Fat Cal. 50				
*Percent Daily Values (DV) are based on a 2,000 calorie diet				
<b>Total Fat</b> 6g		<b>9%</b>	<b>Total Carb.</b> 0g	<b>0%</b>
Sat. Fat 1.0 g		<b>5%</b>	Fiber 0g	<b>0%</b>
Trans Fat 0g			Sugars 0g	
<b>Cholest.</b> 30mg		<b>10%</b>	<b>Protein</b> 13g	<b>23%</b>
<b>Sodium</b> 290mg		<b>12%</b>		
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%				
<b>Ingredients:</b> Light tuna, soybean oil, vegetable broth, salt				
<b>Contains:</b> Tuna, soy				

\* The ingredients list is in order of predominance from most to least by weight.

# "Be Aware" Questions

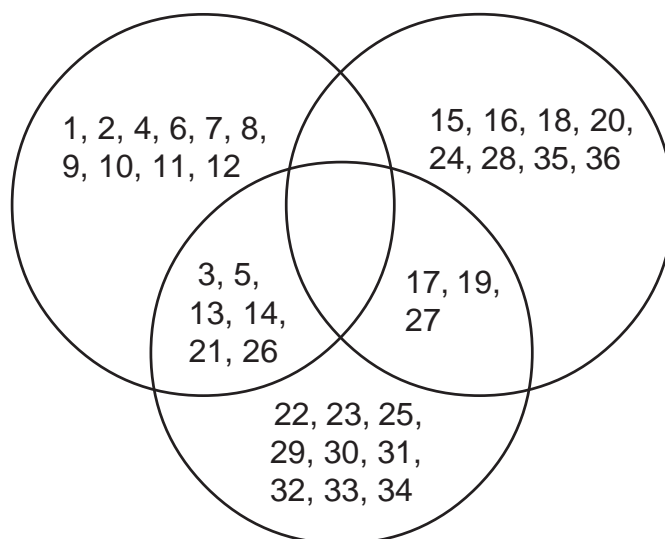
Circle the following numbers for the foods that you usually eat two or more times a week.

- |   |  |
|---|--|
| 1. Canned vegetables  | 18. Soda (with sugar), powdered or syrup drink mixes, or canned or frozen fruit drinks |
| 2. Canned tomato sauce, salt added  | 19. Cookies, pastries, doughnuts, cakes, chocolates                                    |
| 3. Ham, corned beef, Portuguese sausage, other sausages, hot dogs, bacon luncheon meats, vienna sausage | 20. Hard candies   |
| 4. Pretzels   | 21. Fries  |
| 5. Chips (potato chips, corn chips, won ton chips)  | 22. Beef steaks (sirloin, T-bone, rib, filet mignon)                                   |
| 6. Pickled vegetables (tsukemono, namasu, kim chee, sauerkraut, pickles, olives, pickled ginger)        | 23. Ground beef with 30% or more fat   |
| 7. Commercially prepared soups, bouillon and broth (canned soups, saimin, cup-a-soup, instant soups)    | 24. Sherbet  |
| 8. Chinese preserves and seeds  | 25. Unsalted nuts  |
| 9. Salted fish products (dry fish, bagoong)   | 26. Salted nuts  |
| 10. Soy sauce   | 27. Ice cream, ice cream bars, fudgesicles, or creamsicles                             |
| 11. MSG   | 28. Jelly, jam, honey, or sugar  |
| 12. Saltines  | 29. Sour cream or cream cheese   |
| 13. Frozen dinners or pot pies  | 30. Butter or margarine  |
| 14. Fast food burgers or fish sandwiches  | 31. Shortening or lard   |
| 15. Canned fruit in heavy syrup   | 32. Whole milk   |
| 16. Sugary cereals  | 33. Whipping cream   |
| 17. Granola cereals   | 34. Cream or half and half   |
|   | 35. Gelatin (with sugar)   |
|   | 36. Pudding mixes (with sugar)   |

Now, circle the numbers that you circled above. What kind of foods are you eating?

## HIGH SALT FOODS

## HIGH SUGAR FOODS



## HIGH FAT FOODS

# Be a food detective!

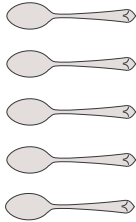
Guess how many teaspoons of **fat**, **sugar**, or **salt** are in the foods below.

## Fat

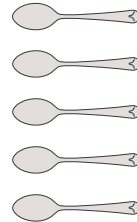
**Candy Bar**  
1 ounce



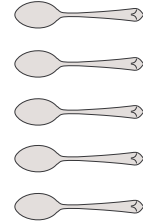
**Banana**



**Tuna Fish**  
(water packed)  
3 ounces

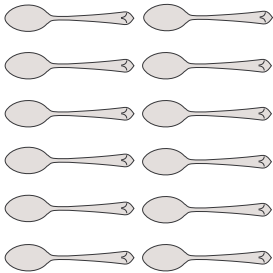


**Luncheon Meat**  
Canned  
3 ounces

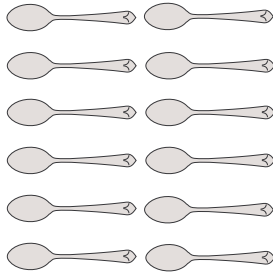


## Sugar

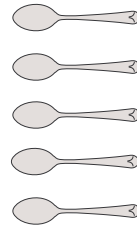
**Soda**  
(with sugar)  
12 ounces



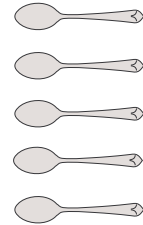
**Water**  
12 ounces



**Frosted Flakes**  
1 ounce  
(3/4 cup)

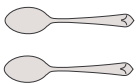


**Corn Flakes**  
1 ounce  
(3/4 cup)

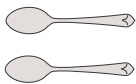


## Salt

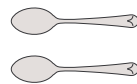
**Brown Rice**



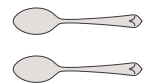
**Brown Rice**  
with 1 Tbs  
Soy sauce



**Salted**  
**Taro Chips**



**Steamed**  
**Taro**



# How often do you and your family eat...

	Seldom or Never	2 or 3 times a week	5 or 6 times a week
1. Hot dogs, luncheon meat, bacon, and other fatty meats?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Chips and fried foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Regular salad dressing or mayonnaise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Candy and chocolates?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Ice cream and sundaes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Sodas and syrup drinks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Two or more responses in the last column may mean you have a high fat, salt or sugar intake.

## Nutrition Resolutions

Based on what I learned today, I will:

- Trim fats from meat and take the skin off poultry before eating.
- Roast, bake, stir-fry, broil or boil instead of frying.
- Use skim or 1% lowfat milk products instead of whole milk products.
- Modify recipes so they are lower in fat, sugar and/or salt.
- Drink water or 100% fruit juice instead of syrup drinks, juice drinks or soda.
- Limit my sweets to once a day.
- Eat more fruits and vegetables.
- Eat more whole grain breads, cereals and starchy foods.
- Eat more lowfat dairy products and/or tofu.
- Eat less fatty meats, sausages, and luncheon meat.



## "Be a Food Detective!" Answers

<b>Fat:</b>	Candy Bar = 3 tsp	Banana = trace	Tuna = 1/5 tsp	Luncheon Meat = 5 tsp
<b>Sugar:</b>	Soda = 9 tsp	Water = 0	Frosted Flakes = 3 tsp	Corn flakes = 1/2 tsp
<b>Sodium:</b>	Brown rice = trace	Brown rice + shoyu = 1/2 tsp	Taro Chips = 1/4 tsp	Taro = trace