



NUTRITION MADE SIMPLE

Inland Regional Center
Valerie Mosher, RD

Confusing Messages

- Various diets – weight loss (numerous!!), high blood pressure, high cholesterol, diabetic, restrictions.
- Supplements
 - Omega 3
 - Fiber
- Type of foods cause weight gain?
- Don't eat before bed
- Conflicting
 - Salt? Sugar? Whole grain?
- Clever marketing – Don't fall prey.



Food Labels

1. Don't Lie
2. Learn to read them
3. Pay attention to ingredients



A Healthy Habit: Read Food Labels

Scan the Nutrition Facts panel on packages to evaluate what's inside and compare the nutrient value of foods.

Start Here

Serving Size is the amount of food the nutrient information is based on. Calories is the amount of "energy" in the serving. Adjust the amount of calories and nutrients if your serving size is different.

Look at types of fat, especially saturated and trans fat, which are linked to health problems.

Most of the fat you eat should be unsaturated.

In general, the greater the difference between "total carbohydrate" and "sugars," the more nutrients the carbohydrate has.

Most people should get 30-35 grams of protein daily.

Percent Daily Values are based on eating 2,000 calories a day.

Active teens may need more. Most children, women and older adults need less.

2,300 calorie diet for some active teens and adults.

Nutrition Facts

Serving Size: 6 crackers (28g)
Servings Per Container: About 13

Amount Per Serving

Calories 120 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**
Saturated Fat 0.5g **4%**
Trans Fat 0g

Polyunsaturated Fat 2.5g
Monounsaturated Fat 1.5g

Cholesterol 0mg **0%**
Sodium 180mg **7%**

Total Carbohydrate 19g **6%**
Dietary Fiber 3g **13%**
Sugars 0g

Protein 3g

Vitamin A 0% **Vitamin C 0%**
Calcium 0% **Iron 8%**

*Percent Daily Values are based on a diet of other people's secrets. 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 |
| Dietary Fiber | 25g | 30g |

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

If food gets a lot of its calories from fat, eat carefully. Total fat intake should be no more than 30% of total calories.

Percentages show whether the amounts in one serving count little, a lot or a little in your total daily intake — 5% or less is "a little" and 20% or more is "a lot."

Limit These

Be watch for cholesterol and sodium counts. Both can lead to health problems. Look for "less than" or "reduced" or "cholesterol-free."

Get More of These

Carbohydrates should be 30-45% of total daily calories.

Get more natural fibers called sugars (check ingredients).

"Get enough" of nutrients: look for the good health, such as vitamins A and C, calcium, potassium and iron, and fiber.

Footnotes

Not specific to the food, and not required on label.

The amount of each nutrient is presented daily.

The amount of calories is fat, carbohydrate and protein (fat has more than double).

Simple Ingredients

✓ 9g FIBER
✓ 9g PROTEIN



Health Valley Organic
Split Pea SOUP

**NEW RECIPE!
GREAT TASTE!**

NO SALT ADDED

NET WT 15 OZ (425g)

USDA ORGANIC

No Salt Added Organic Split Pea Soup

Health Valley Organic Soups give you the hearty flavor you want and the nutrition your body needs while protecting your health and the environment from potentially harmful pesticides. Our Split Pea Soup is made with the finest organic ingredients. It's a good source of protein and fiber with 90% less sodium than other leading brands.

At Health Valley we're continually striving to meet your nutritional needs with great tasting, natural and organic foods...*assuring a healthy life for you and your family.*

Our Health Valley Promise

At Health Valley we are passionate about quality. If you are not delighted with this product, please call or write our Customer Satisfaction Team. When writing, please send UPC and Manufactured Code Date along with your comments to: Health Valley Consumer Relations, 4600 Sleepytine Dr., Boulder, CO 80301. Or call 1-800-434-4246 or visit www.healthvalley.com.

| Nutrition Facts | | Amount/serving | | % DV* | |
|-------------------------|--|----------------|----|------------------|-----|
| Serv. Size 1 Cup (240g) | | Total Fat 1g | 2% | Total Carb. 27g | 9% |
| Servings about 2 | | Sat. Fat 0g | 0% | Dietary Fiber 9g | 38% |
| Calories 130 | | Trans Fat 0g | | Sugars 5g | |
| Fat Cal. 10 | | Cholest. 0mg | 0% | Protein 9g | 14% |
| | | Sodium 45mg | 2% | | |

*Percent Daily Values (DV) are based on a diet of other people's secret recipes.

INGREDIENTS: FILTERED WATER, ORGANIC GREEN SPLIT PEAS, ORGANIC CARROTS, ORGANIC SPLIT PEA POWDER, ORGANIC ONIONS, ORGANIC CELERY, ORGANIC LENTILS, ORGANIC RICE STARCH, ORGANIC EVAPORATED CANE JUICE, ORGANIC SPICES, ORGANIC SPINACH POWDER FOR COLOR.

DO NOT ADD WATER. HEAT AND SERVE. MADE WITH NO GENETICALLY ENGINEERED INGREDIENTS.

This Health Valley Soup contains 45 milligrams sodium per serving. Other leading brands can contain 850 milligrams sodium or more per serving. This is not a sodium free food.

Exchanges: 1 Protein, 1 Starch

X2074-008



Nutrition Facts

Serving Size 1.5 oz (42g) about 1/2 of noodle block and 1 tsp seasoning mix

Servings Per Container 2

Calories 190

Calories from Fat 60

| Nutrition Facts | | Amount/serving | | % DV* | |
|--------------------|-----|------------------------|----|------------|----------|
| Total Fat 7g | 11% | Total Carbohydrate 25g | 9% | | |
| Saturated Fat 3.5g | 18% | Dietary Fiber 2g | 8% | | |
| Trans Fat 0g | | Sugars less than 1g | | | |
| Cholesterol 0mg | 0% | Protein 5g | | | |
| Sodium 910mg | 38% | | | | |
| Vitamin A 0% | | Vitamin C 0% | | Calcium 0% | Iron 10% |

INGREDIENTS: RAMEN NOODLES - ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, COTTONSEED OIL, PALM OIL, PRESERVED BY TODOPHENOL-1 AND/OR TBHQ AND/OR ASCORBIC ACID, POTASSIUM TRIPHOSPHATE, POTASSIUM CARBONATE, SODIUM CARBONATE, SODIUM ALGINATE.

SEASONING MIX: SALT, MONOSODIUM GLUTAMATE, HYDROLYZED SOY CORN AND WHEAT PROTEIN, CHICKEN POWDER, SOY SAUCE POWDER, GARLIC POWDER, SPICES, CHICKEN FAT, CALCIUM SILICATE (ANTICAKING AGENT), CELERY POWDER, MSG, YEAST EXTRACT, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVORS, ARTIFICIAL FLAVORS.

MADE IN A FACILITY THAT ALSO PROCESSES MILK, EGG, PEANUT, TREE NUT, FISH AND SHRIMP PRODUCTS.



Messages of SALT

- "Don't eat salt"
- "Don't add salt"
- "avoid foods that contain salt."
- Gourmet salts
 - Sea salt?
 - Kosher salt?
 - Fleur de sal?



Why Worry About Sodium Intake?

- High sodium intake raises risk for:
 - High blood pressure
 - Other diseases



High blood pressure
is a serious matter!



Physiology of Salt

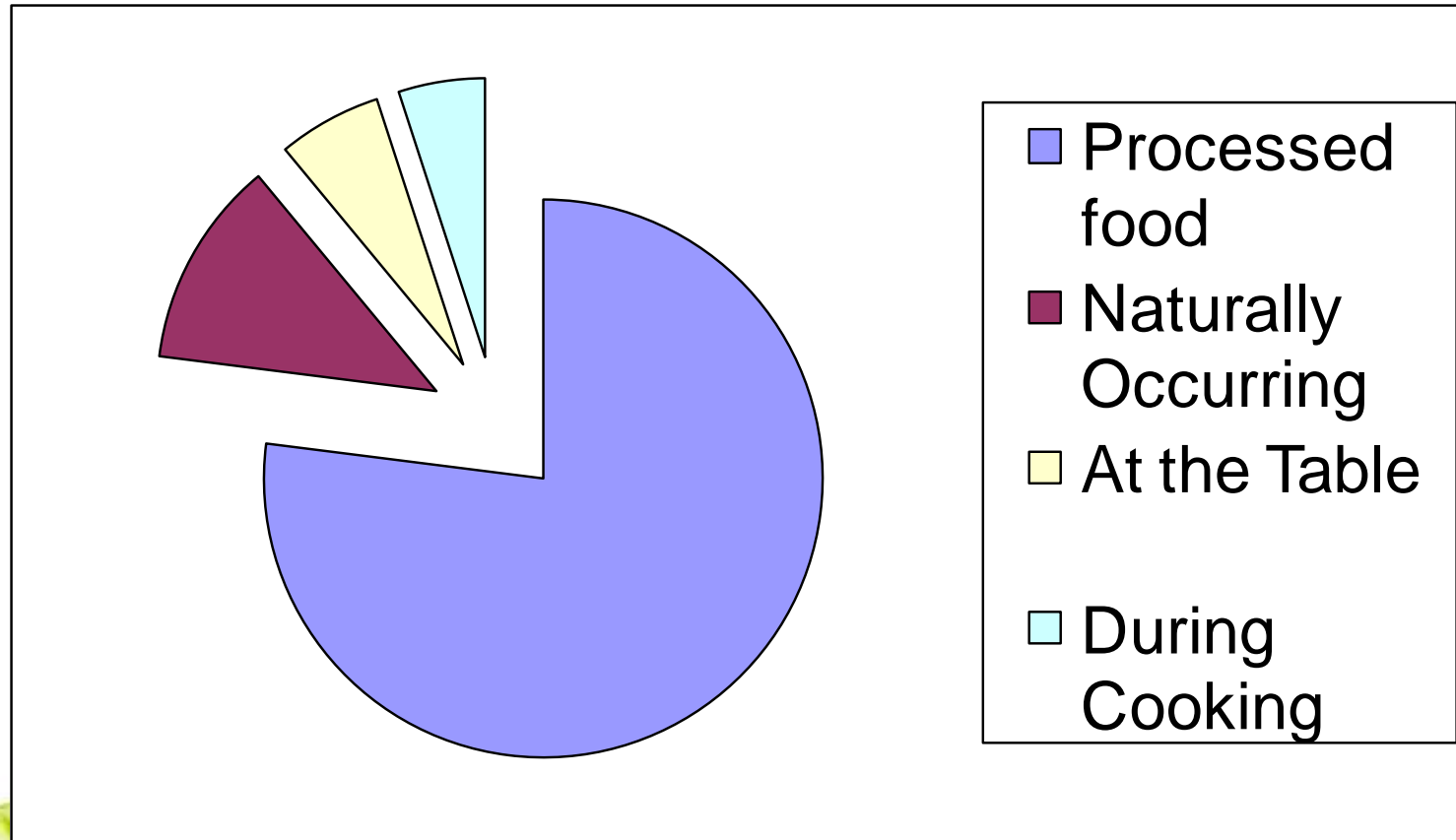
- Salt retains fluid
- Excess fluid keeps circulatory volume higher than it should be.
- Excess fluid adds pressure on blood vessel walls.
- Walls react to stress by narrowing and leaving less space for fluid that is already cramped.



But I never use the salt
shaker?!



Where Does Salt Intake Come From?



Salt intake comes mostly from processed foods and meals that are eaten away from home.

Read the Label

- If a food contains 5% or less of the daily value for sodium, then it is low in sodium.

| Nutrition Facts | |
|-------------------------------|------------------------------|
| Serving Size 1 cup (228 g) | |
| Servings Per Container: 2 | |
| Amount per serving | |
| Calories 250 | Calories from Fat 120 |
| % Daily Value* | |
| Total Fat 13g | 20% |
| Saturated Fat 5g | 25% |
| Trans fat 2g | |
| Cholesterol 30g | 10% |
| Sodium 660mg | 28% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A 4% | Vitamin C 2% |
| Calcium 15% | Iron 4% |



Salt made simple

1. Avoid processed foods –
 - Majority of salt does not come from the salt shaker it comes from processed foods and restaurants.
2. Keep eating out to a minimum.



#3 -Substitute Fresh for Processed

- Processed or canned deli meat, sausage, ham



600

- Fresh meat, poultry, fish



62



Messages of SUGAR

- "Don't eat sugar"
- "avoid high fructose corn syrup"
- "cut out sweets"
- "carbohydrates turn into sugar"
- "cut out carbohydrates"



Why worry about SUGAR?

- Provides calories with no nutrient benefits.
- Cause weight gain
 - Weight gain if uncontrolled leads to diseases.
- Added to foods we wouldn't expect.



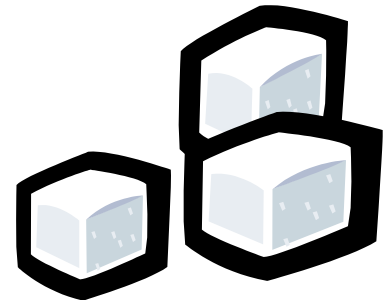
Physiology of SUGAR

- Sugar is a simple carbohydrate.
- After digestion our bodies.....
 1. Use it as energy – if needed.
 2. Stores in liver (glycogen) – if livers storages are full.
 3. Stores as fat.



Sugar on the ingredient list

- Agave Nectar
- Barley Malt Syrup
- Corn sweetener
- Corn syrup, or corn syrup solids
- Dehydrated Cane Juice
- Dextrin
- Dextrose
- Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice Syrup
- Saccharose
- Sorghum or sorghum syrup
- Sucrose
- Syrup
- Treacle
- Turbinado Sugar
- Xylose



Natural Sugars

- Fruit
 - Honey
 - Agave
-
- Provides our body with fuel and other benefits such as nutrients, fiber, antioxidants.



Sugar limit

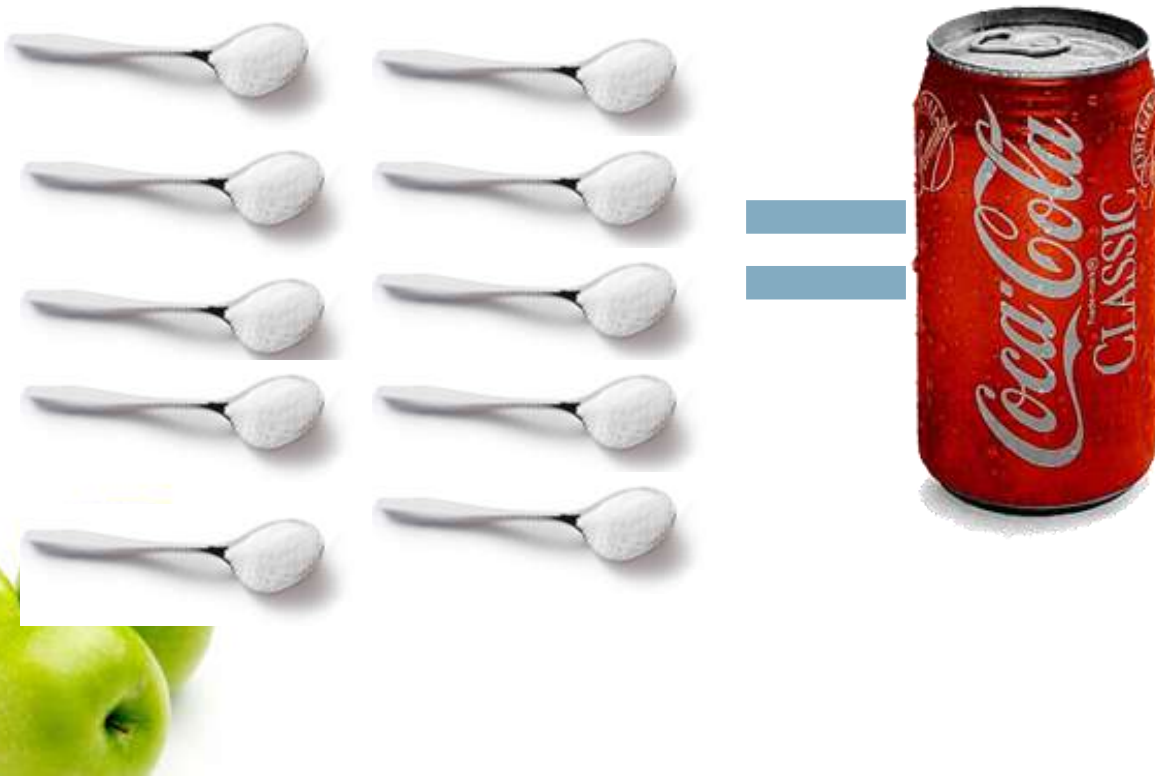
- None is better.
- 6 – 10 teaspoons per day.
- 30-50 grams per day.



Soda and Sugar

OBESITY
IN A BOTTLE

- 4 Grams = 1 teaspoon
- 10 Teaspoons in Every 12 oz Can



Obesity in a Bottle

OBESITY
IN A BOTTLE

Liquid vs. Food Calories

32 oz. Cola – 400 calories

Foods with 400 calories

- 2 bagels
- 1 1/2 c. macaroni and cheese
- 1 taco, 1 enchilada
- Roast beef sandwich
- 3 bowls of cereal, milk
- 7 pancakes
- 5 c. chicken noodle soup
- 2 brownies



Diet Soda Surprise

- Diet Soda May Cause Weight Gain
- Calorie-free Drink May Leave You Hungry



Sugar made simple

1. Limit sugar
2. Choose natural sugars.
3. Drink skim milk, sugarless tea, and water, water, water!



Make Water Interesting

- Add Fruit Slices (Spa Water)
- Top with Juice Splash
- Use Juice Ice Cubes
- Try Carbonated Water



Messages of Whole Grain

- "Don't eat white"
- "Avoid all processed foods"
- "Choose 100% whole wheat"
- "Choose whole grain"



Whole grain

- Carbohydrates
 - **Simple** - more easily digested.
 - Fruit, white breads, white pastas, sugar, white rice.
 - **Complex** – offer more satiety and more nutrition such as B & E vitamins and protein.
 - 100% whole wheat, whole grain, brown rice, oatmeal.



100% or whole grain?

- Either
- Watch for ingredients!



Whole Grains made Simple

1. Start your day with whole grains.
2. Make at least 3 carbohydrate choices whole grains per day.
3. $\frac{1}{4}$ plate grains



Weight loss

- Cabbage diet, colon cleanse diet, HCG diet, Atkins diet, Dukan diet.
- Diet pills
- Weight loss clinics: Jenny Craig, Weight Watchers, Nutri-System

40 Billion dollars spent on weight loss products according to business weekly.



Diet industry is one big fat lie!

NOW AVAILABLE IN THE USA AFTER A TREMENDOUS SUCCESS IN FRANCE...

SLEEP... AND LOSE WEIGHT IN JUST A FEW NIGHTS!



SYLVIE
Evening
November 4th

SYLVIE
Morning
November 24th

Yes, just like in a dream,
Maxiline burns fat while you
sleep... to make your
dreams come true

Lose your excess pounds in record time! Sylvie D. is not the only one to have successfully tried (without regaining weight back) this new and insatiable fat eater named Maxiline. Please don't ever compare this new system to what you have tried before. Maxiline cannot be compared to anything else. You will soon understand why.

**Wake up
and discover
all your fat
is gone...**



Already 1000 testimonials in France!

Jacqueline N. in Rouen
I had only 12 excess pounds, but how could I lose them? After 3 years of failure, Maxiline finally melted them off without hunger... in only 4 days!

Odette M. Cote d'Or
What convinced me was that I had no effort to do, and I didn't have to go hungry. I went from size 16 to size 10 in 7 nights! Now I float in my clothes!

Catherine I. Bordeaux
It was like a dream that came true! Every morning I was slimmer and lighter and the only I had done was to sleep! I had lost 5 pounds during the night. I have now lost 50 pounds that way... Can you believe it?

Herbert P. Toulon
With Maxiline I lost 74 pounds. This means that today I am handsomer and I feel much healthier. A true miracle!

Chantal C. Grenoble
In 5 nights, I lost 5" around my waist, 6" around my thighs. My legs are much thinner. I feel better than ever.

Colette G. Auxerre
5 pounds lost every night, thanks to Maxiline, I want to help people. You can change your life the same way I did it.

- Read carefully what follows**
1. You eat whatever you want.
 2. You just have one thing to do: take Maxiline.
 3. Maxiline is 100% safe. No allergy risk.
 4. Your trial is guaranteed.
- You will be reimbursed if you don't lose all your excess pounds in a few nights.

Weigh yourself every morning.

You too, every morning, note the excess pounds and the inches you lost during the night. You will see... It is simply spectacular!

How much weight will you lose?

As many inches as you would have to lose to get a dream body! Yes, as many pounds as you need to lose to reach your ideal weight! 8, 15, 30 or 60 pounds; just like Catherine I. from Bordeaux!

Why during the night?

During the night, Maxiline works with 100% efficacy on your fat that cannot "defend itself" because your body is resting. On top of that, the active elements of Maxiline act easily and move freely in your body when it is not in motion or confined by clothes and underwear that squeeze your waist.

**A GIFT
FOR YOU**
(see your coupon)

Multiply efficacy while resting! You need a few your excess be slim a delight!

Maxiline
41 Watch
Moncler
Info and
(888)

NIG

Yes, I want to see Maxiline work and succeed.
☐ 100% 1st night
☐ 100% 2nd night
☐ 100% 3rd night
☐ 100% 4th night
☐ 100% 5th night
☐ 100% 6th night
☐ 100% 7th night
☐ 100% 8th night
☐ 100% 9th night
☐ 100% 10th night

I am ready to make a commitment to Maxiline.
If my payment is made in Canadian currency, I add 50% to the total.
☐ Visa ☐ Mastercard Exp. Date: / /
Card No. / /
Name: / /
Signature: / /
Address: / /
City: / State: / Zip: /

**Sleep...and lose weight in just a few nights...you eat what ever you want...
5 pounds lost every night...**

For each year, doctor that before taking any weight loss pill, especially if you have high blood pressure, or pregnant, or heart disease, or are on medication for any heart condition.

All residents please add sales tax. No COD's please. US funds only.

Weight Loss made Simple.

1. Calories in = calories out.
2. Eat less.
3. Move more.
4. Set small goals and build on them.



The following is a list of Physical Activity Guidelines for Adults with Disabilities from the U.S. Department of Health and Human Services:

- Adults with disabilities, who are able to, should get at least 150 minutes a week of moderate-intensity, or **75 minutes a week** of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- Adults with disabilities, who are able to, should also do **muscle-strengthening activities** of moderate or high intensity that involve all major muscle groups on **2 or more days a week**, as these activities provide additional health benefits.
- When adults with disabilities are not able to meet the Guidelines, they should engage in regular physical activity according to their abilities and should **avoid inactivity**.
- Adults with disabilities should consult their health-care provider about the amounts and types of physical activity that are appropriate for their abilities.



Physical Activity made Simple

- Bocce
- Bowling
- Golf
- Hunting
- Karate
- Kayaking
- Tai Chi
- DVD Workouts
- Sports
- Wheelchair workouts
- Walking
- Walking uphill
- Making your own game
- Kids playground games
- Wii fitness or dance



Plan a daily schedule and allow time for activity, stick to it.

SUPPLEMENTS



Confusing Messages

- Vitamin D
- B 12
- Omega 3
- Niacin
- Niacin
- Calcium
- Multi-Vitamin
- Herbal Supplements



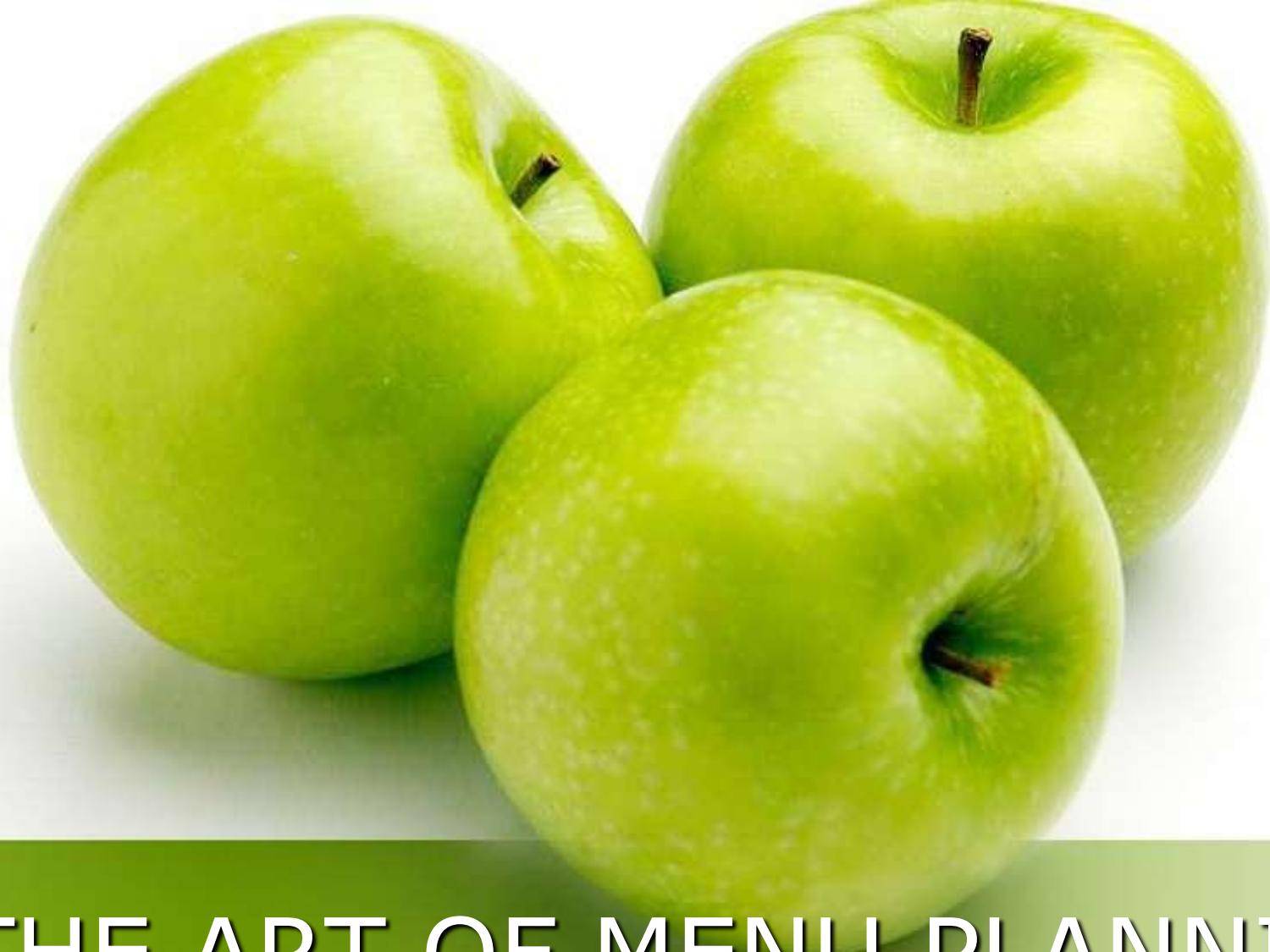
DIET RESTRICTIONS



Diet ordered restrictions

- Calorie restrictions
 - 1500
 - 1800
- Diabetic diet – reduced carbohydrate
- Low sodium – 2,000 mg. per day
- Heart Healthy
 - Low fat
 - Increase fruit and vegetable
- Gluten Free diet
 - Remove wheat, barley and rye





THE ART OF MENU PLANNING
MADE SIMPLE

Calorie Needs

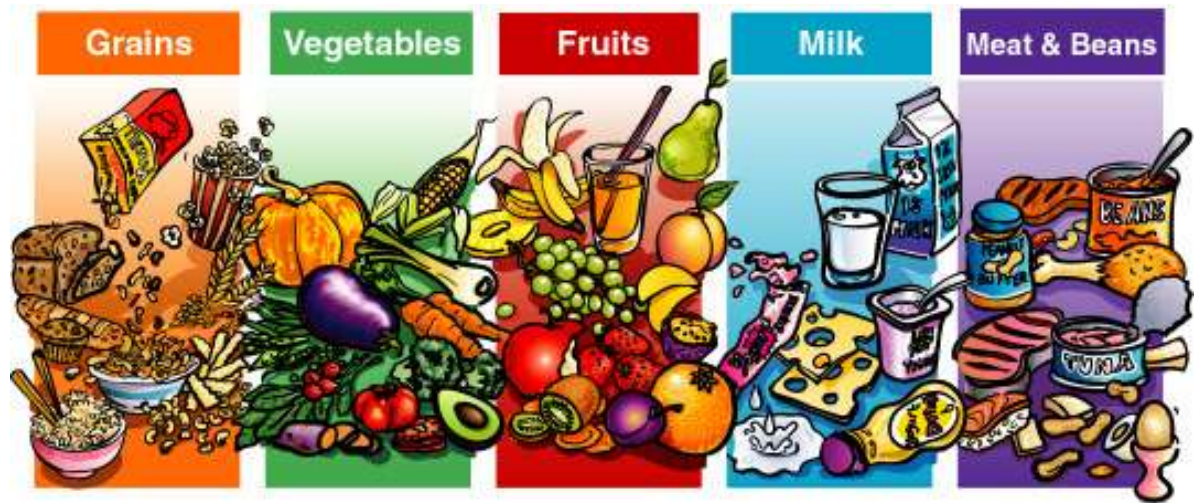
- 1500
- 1800
- 2000
- 2200

- Snacks
 - 1 Carbohydrate
 - 1 Protein
- Meals
 - Protein
 - Carbohydrate
 - Fat
 - Vegetables



Food Groups

- 5 food groups.
 - Protein
 - Grains
 - Dairy
 - Fruit
 - Vegetables



RDA - Recommendations

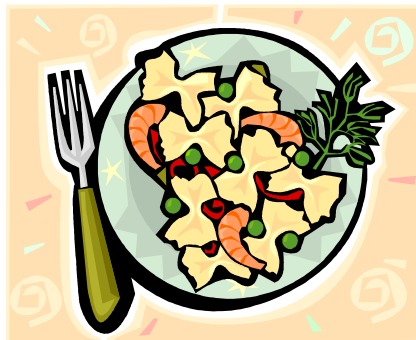
Daily - 3 meals and 2 snacks

| Food Group | Per day | Per meal |
|------------|----------------|--------------------------------|
| Grains | 3-4 oz. | 1 oz. per meal |
| Dairy | 3 cups | 1 cup per meal |
| Protein | 5-6 oz. | 2 oz. per meal |
| Fruit | 2 cups | 2 fruits per day |
| Vegetable | 3 cups per day | 1 c. snack 2 c. for 2 meals |



Grains – 3-4 oz.

| Meal | |
|-------------------|--|
| Breakfast – 1 oz. | 1 ½ cup whole grain cereal |
| Lunch – 1 oz | 1 ½ cup whole grain pasta |
| Dinner – 2 oz. | Small baked potato Whole wheat roll |
| | |



Dairy - 3 cups

| Meal | |
|---------------|-----------------|
| Breakfast | 1 cup skim milk |
| Lunch | Yogurt |
| Evening Snack | 1 cup skim milk |



Protein – 5-6 oz.

| Meal | |
|-----------|---------------------|
| Breakfast | 1 cup skim milk |
| Lunch | 2 oz. Diced chicken |
| Dinner | 2 oz. Salmon |
| | |



Fruit – 2 cups

| Meal | |
|-----------------|--------------------|
| Breakfast | 1 cup strawberries |
| | |
| Afternoon snack | 1 small apple |
| | |



Vegetables – 2-3 cups

| Meal | |
|--------|------------------------|
| | |
| Lunch | 1 cup Mixed vegetables |
| Dinner | 2 cups salad |
| | |



Fats

| Meal | |
|-----------|--|
| Breakfast | 0 |
| Lunch | Olive oil for pasta salad |
| Dinner | Dressing for salad 1 tsp. butter for potato |
| | |



One day meal plan

| Meal | |
|---------------|--|
| Breakfast | Cereal Skim milk Strawberries |
| Lunch | Pasta Salad with vegetables and chicken Yogurt Water |
| Snack | Apple Water |
| Dinner | Salmon Baked potato with butter Green salad Water |
| Evening snack | 1 cup milk |



Keep things simple

- Whole foods are best.
 - Serve fresh fruit and vegetables
 - Choose fresh and lean meats
 - Include dairy – if possible
- Move more!



Confusing messages

- Don't believe everything you hear.
- Be watchful for scams.
- Don't fall prey to advertising schemes.



THANK YOU

- Questions??

Happy Valentines Day!

