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# Nutrition: Fact vs. Fiction

Stretch Beyond Your Expectations.

## Wellness at Work

### Top 5 Diet Trends of Today

1. Celebrity-endorsed diets
2. 100-calorie pack portion control
3. Organic diets: foods without preservatives & additives may help body's digestive system run more smoothly
4. Diet delivery: fresh or frozen diet meals right to your door
5. Sweet & Savory: "French Women Don't Get Fat"

### Read the Label...What health claims really mean...

- Low calorie-Less than 40 calories per serving
- Low cholesterol-Less than 20 mg of cholesterol and 2 mg or less of saturated fat per serving
- Reduced-25% less of the specified nutrient or calories than the usual product
- Good source-provides at least 10% of the DV of a particular vitamin or nutrient per serving
- Calorie free-less than 5 calories per serving
- Fat free/sugar free-less than 1/2 gram of fat or sugar per serving
- Low sodium-less than 140 mg of sodium per serving
- High in-provides 20% or more of the DV of a specified nutrient per serving
- High Fiber-5 or more grams of fiber per serving

## Can you believe everything you read?

Today's health media makes it very difficult to distinguish between what is true and what is bogus.

Our society is always striving for the new way to eat whatever you want, be as lazy as you can, and still be healthy.

Just think back over some of the popular diet trends from the last 50 years. There was the Cabbage soup diet, the Grapefruit diet, the Atkin's diet, the Raw foods diet, the Cheater's diet and over dozens more.

The truth is that achieving optimal health takes work. There are no quick and easy fixes to weight loss that will remain permanent unless you don't make other permanent lifestyle changes.

Doctors, dieticians, and other experts agree that there's simply no magic potion to optimal health. What food choices you make today and what exercise you do is what makes the difference for your total health.

The more nutrition education you have, the easier it will be to make smart food choices.

The Dietary Guidelines for Americans, 2005 is designed to give helpful goals for a healthier you. The focus is on achieving balance, moderation and variety. While the thought of being healthy seems far out of reach for many, with a little tweaking in your food choices and exercise plans...you can be right on your way.

Dietary Guidelines for Americans, 2005

- Focus on Fruits
- Vary your veggies
- Get your calcium-rich foods
- Make half your grains whole
- Go lean with protein
- Know the limits on fats, salt and sugars

For more detailed information visit: www.healthierus.gov/dietaryguidelines

### How to Read a Food Label