



Stretch Beyond Your Expectations.™

Nutrition: Fact vs. Fiction

Wellness at Work

Can you believe everything you read?

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

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

Check the serving size, particularly how many servings there are in the container. If there are 2 and you eat the whole container, you're eating double the calories that are on the label!

Try to minimize saturated and trans fat. These are both bad fats that clog arteries.

Get enough fiber, vitamins A and C, calcium and iron.

Nutrition Facts	
Serving Size 1 cup (228g) Serving Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Values*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a diet of other people's misdeeds.
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

This list gives percentages that are based on recommended daily allowances based on a 2,000 calorie per day diet. For example, a label may show that a serving of the food provides 30 percent of the daily recommended amount of fiber. This means you may need another 70 percent to meet the recommended goal. Remember this is just an estimate, but it serves as a good guide.

The less cholesterol and sodium you eat, the better. The latest recommendation for sodium is less than 2300 mg per day for adults and even less for kids, depending on their age.

Try to keep these low. More sugar means more calories.