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# HEALTHY CHOICES FOR HEALTHY FAMILIES



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## What's new with the nutrition facts label?

**T**he U.S. Food and Drug Administration (FDA) has reviewed the Nutrition Facts label on packaged foods and drinks. FDA is making changes to the label. This is the first major change to the label in more than 20 years. The label's new layout will make it easy for you to make good food choices. You will learn healthy eating habits to last a lifetime.

### Serving sizes get real

Servings per container and serving size info will be in large, bold font. Serving sizes will now show the amount people really eat and drink. *Note: The serving size is not saying you must eat that much.*

- Most of the time, the info listed on the label is based on one serving of the food. Sometimes it may show facts per package.
- One package may have more than one serving. Check the label to find out.

### Calories go big

Calories are now in larger and bolder font. This will make them easy to find and use.



The label is based on 2,000 calories a day. Your needs may be higher or lower. It depends on your age, sex, height, weight, and activity level.

### The lows and highs of % daily value

The percent Daily Value (%DV) breaks down the nutrients in a serving of food. These values are now up-to-date. It may make the

food's percent Daily Value higher or lower on the new label. As a rule:

- **5% DV or less** per serving is considered **low**.
- **20% DV or more** per serving is considered **high**.

The footnote at the bottom of the label tells about %DV.

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## BASIC BUDGET BITES

### Buying produce in season

- Look for fruits and veggies that have lower prices and are easy to find.
- Visit a local farmers' market.
- Choose frozen fruits and veggies when they are out-of-season. They are packaged when they are ripe so, it is the same as buying fresh fruits and veggies!
- Use veggies that are in season in your recipes.

Source: Adapted from <https://eatfresh.org/healthy-lifestyle/shopping-budgeting/buying-produce-season-good-your-wallet-good-your-body-and-good>

## PARENT'S POW-WOW

### How TV can influence what your child eats

Children watch TV each day. They most likely see between 10 and 13 ads with some type of food or drinks. More than 90% of these ads show foods that children should limit.

How can you tame TV temptations and promote healthier eating?

- **Avoid watching TV while eating.** Agree not to watch TV (or use other electronic devices) during meals or while snacking. Eating as a family offers healthful eating and family bonding.
- **Watch children's programs without ads.** Look for shows on platforms that allow you to click through the ads. Or watch ones that do not have ads. You can also watch shows on public television stations.
- **Spend time together learning about foods.** Grow a garden, visit a farmers' market, or look for fruits and veggies at the grocery store. Teach older children how to use the Nutrition Facts label and help



with shopping for healthful foods.

- **Let kids help in the kitchen.** Young kids want to learn and help. This is a great time to talk about food safety such as washing hands before handling food. Let them try tasks like setting the table or tearing lettuce leaves for a salad.
- **Set limits around screen time.** Children of all ages are spending more time in front of TV and electronic devices. The American Academy of Pediatrics points toward no more than one hour per day of screen time for children 2 to 5 years old. They suggest setting up a family plan for school-age children.
- **Be a good role model.** Kids learn so much simply by watching others. As a parent, choose healthy foods and drinks. If you limit your use of the cell phone or laptop, you may help to support the habits you are trying to teach your children.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/does-tv-influence-what-your-child-eats>



## FOOD FACTS

### Calcium

Calcium is key when it comes to bone health. Building strong bones is like building a healthy balance in your "bone bank account." Bones are living tissue. They are always making calcium payments and withdrawals each day.

Bones do not come with a lifetime promise. They need nonstop care, or they can weaken and break. If you don't eat enough calcium, your body will take it from your bones to keep your body at normal levels.

For a lifetime of healthy bones:

- Eat three servings of dairy, such as low-fat or fat-free milk or yogurt, or other calcium-rich foods every day.
- If you do not or cannot drink milk, eat calcium-fortified foods. Try nondairy sources such as soy milk or fortified juices and cereals.
- Eat healthy by using MyPlate ([www.choosemyplate.gov](http://www.choosemyplate.gov)).
- Run, dance, or do weight training to help keep bones healthy.

Source: Adapted from <https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/calcium>

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### Nutrients: the updated list

#### What information is no longer required on the label?

- **Calories from fat** has been removed. Research shows the type of fat eaten matters more than the amount. Percent daily value of fat, saturated fat, and trans fat is still listed on the label. This will help shoppers limit the amount of saturated fat and trans fats eaten.
- **Vitamins A and C** are no longer needed on the label. Most people get enough of these vitamins.

#### What information was added to the label?

- **Added sugars** are new to the label. Eating too many “added sugars” can make it hard to stay within calorie limits. “Added sugars” such as sucrose, are added when foods are processed or changed. They can also be added to foods packed as sweeteners (such as table sugar). Syrups and honey fit in this group, too.
- **Vitamin D and potassium** must now be listed on the label because we do not always eat the right amounts. Eating foods higher in vitamin D and potassium can bring down the risk of osteoporosis and high blood pressure.

#### What vitamins and minerals stayed the same?

**Calcium and iron** will stay on the label because we do not always eat the right amounts. Eating foods higher in these minerals can lower the risk of osteoporosis and anemia.

Source: Adapted from <https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>

## COOKING WITH KIDS

### Bugs on a Log

#### “Logs”

- 1 celery stalk (Cut into 3 pieces)
- Apple slices
- Carrot, raw, sliced into 3” pieces

#### Spread

- 1 tablespoon low-fat cream cheese
- Peanut or other nut butter

#### “Bugs”

- 1 tablespoon raisins (regular or golden)
- Unsweetened whole grain cereal
- Peanuts, chopped

1. Choose one “log” option.
2. Top with a spread.
3. Sprinkle with a “bug.”

**Number of servings:** 1

**Serving size:** 3” celery log with spread and bugs

#### Nutrition facts per serving:

60 calories; 2 g total fat; 1 g saturated fat; 68 mg sodium; 8 g cholesterol; 9 g carbohydrates; 1 g fiber; 7 grams sugar; 2 g protein

\*Nutrition information is based on using celery, low-fat cream cheese, and raisins.

Source: USDA ChooseMyPlate



## RECIPE

### Baked Fish and Vegetables

- 4 4-ounce frozen white fish fillets (cod or perch)
- 2 cups frozen mixed vegetables
- 1 small diced onion
- 1 teaspoon lemon juice, or thin fresh lemon slices
- 1 tablespoon parsley flakes (dried or fresh chopped)
- Aluminum foil, 4 10x12 inch squares)

1. Preheat oven to 450 degrees F.
2. Separate and place fish fillets in center of each tin foil square.
3. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
4. Sprinkle with lemon juice, or top

with lemon slice, and add parsley on top. Fold ends of tin foil together to form leak-proof seal.

5. Bake until fish is flaky and onion is tender, at least 10 minutes. Serve.

**Number of servings:** 4

**Serving size:** 4 oz. fish and 1/2 cup vegetables

#### Nutrition facts per serving:

145 calories; 1 g total fat; 0 g saturated fat; 49 mg cholesterol; 355 mg sodium; 15 g carbohydrates; 5 g fiber; 4 g sugar; 19 g protein

Source: What's Cooking? USDA Mixing Bowl





### SMART TIPS

## Eat fewer processed foods, and eat more fruits, vegetables, and whole grains

- **Look at the serving size** on packaged foods before you start eating.
- **Fruits, veggies, and whole grains are full of fiber** which helps you to feel full.
- **Use smaller plates and cups.** Your food will appear larger than it is.
- **Do not eat straight from the bag.** Pour a serving into a bowl.
- **Do not eat in front of the TV** — it has been shown to make people eat more!

Source: Adapted from <https://eatfresh.org/healthy-lifestyle/chronic-disease-prevention-general-nutrition-lifestyle/eat-fewer-processed-foods>

### LOCAL EVENTS

**If you are interested in nutrition classes, contact your Extension office.**

VISIT US ONLINE AT  
**EXTENSION.CA.UKY.EDU/COUNTY**