Wellness Coaches USA
Improving health in the workplace . . . face to face

WELLNESS NEWSLETTER

. . . FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

NEW FOOD LABELING: PROS AND CONS

STATING THE FACTS

Nutrition labels are intended to provide us (the consumer) with a better understanding of the food we eat. However, the food label has not been revised since its introduction in 1994, even though our dietary habits have certainly changed. With the new proposed labeling system, there are some positive changes that will be helpful to the consumer, but the system is still not perfect.

Do you read food labels? What part of the label is most important to you and why?

Current

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving
Calories 230 Calories from Fat 40

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

Proposed

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per 2/3 cup
Calories **230**

% DV*	
12%	**Total Fat** 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	**Cholesterol** 0mg
7%	**Sodium** 160mg
12%	**Total Carbs** 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

WHAT DOES IT ALL MEAN?

Calories – Since controlling calories is an important part of regulating weight, the larger printing of calories will help make this more explicit.

Also, the calories will be more sitting-based and not serving-based. For instance, if the entire package can be consumed in a single sitting (e.g. a candy bar), the total calories of the entire package will be displayed.

Sugar – Higher sugar intake is connected with diabetes, high blood pressure, and weight gain, as well as a myriad of other health concerns. The new label will show which sugars are naturally occurring versus any that are added.

Nutrients – Potassium, vitamin D, calcium, and iron are displayed more prominently. These nutrients are often deficient in the average person, so they can be targeted for intake.

Daily Values – We can more easily see the percent of the daily intake comprised in a serving.

Coach's Quick Take

The proposed changes to the food labels will draw our attention to some important aspects to health and nutrition and allow you to do the following:

- **Check calories relative to how much you plan to eat.**
- **Monitor sugar levels, particularly added sugars.**
- **Look at nutrient content of food to choose the most nutritious item.**

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FOOD FOR THOUGHT

Although the new food label changes are positive overall, there are still some areas that have not yet been addressed within the food label:

- **Trans Fat** – If the amount falls below a certain minimum level in the ingredients, the food company does not need to report it on the label. Look for the words "hydrogenated oils" in the ingredients.
- **Sweet Surprise**– Although sugars are featured more prominently, equally troublesome sweeteners, like high-fructose corn syrup, are still more obscure and must be sought out in the ingredient list.
- **Odd Priority** – While fat (which is a vital nutrient in smaller amounts) is given a full treatment on the label, chemical additives, preservatives, colorings, and flavors like MSG are still buried in the ingredients list.

RESOURCES
www.fda.gov
www.webmd.com
www.chekinstitute.com
For More Information visit www.WellnessCoachesUSA.com

FOOD LABELS AND YOUR HEALTH

Depending on your own health concerns or interests, different areas of the label may have a greater impact on your choice to purchase the food.

Condition to Prevent	Ingredients to Avoid/Minimize
High Blood Pressure	Sodium, MSG, sugar
Diabetes	Sugar, carbohydrates, corn syrup, and foods labeled as 'low fat,' which often have added sugar
IBS/Celiac Disease	Gluten, wheat flour, dairy, processed foods (lots of ingredients)
Weight loss	All of the above, plus monitoring trans fat levels (zero per day), and avoiding foods with ingredients that you cannot pronounce
Stress	Caffeine, sugar, MSG, and the same foods listed under weight loss

Where would you find each of the ingredients on the label below?

Nutrition Facts

Serving Size 25 Crackers (30g)
Servings Per Container About 11

Amount Per Serving

Calories 150 Calories from Fat 70

	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	**0%**
Sodium 230mg	**9%**
Total Carbohydrate 18g	**6%**
Dietary Fiber less than 1g	**3%**
Sugars 0g	
Protein 2g	

Vitamin A 6% • Vitamin C 0% • Calcium 0% • Iron 8%

* 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
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B_1 [THIAMIN MONONITRATE], VITAMIN B_2 [RIBOFLAVIN], FOLIC ACID), SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, CHEESE MADE WITH SKIM MILK (SKIM MILK, WHEY PROTEIN, CHEESE CULTURES, SALT, ENZYMES, ANNATTO EXTRACT FOR COLOR), SALT, CONTAINS TWO PERCENT OR LESS OF RED BELL PEPPER, PAPRIKA, DEXTROSE, TORULA YEAST, MALTODEXTRIN, ONION, TOMATO, MODIFIED CORN STARCH, SODIUM DIACETATE, GARLIC, TABASCO® BRAND GREEN PEPPER SAUCE (JALAPENO PEPPER, WATER, DISTILLED VINEGAR, SALT, CORNSTARCH), TABASCO® BRAND DRY RED FLAVORING (RED PEPPER, DISTILLED VINEGAR, SALT), SPICES, CITRIC ACID, VINEGAR SOLIDS, YEAST, PAPRIKA OLEORESIN, NATURAL AND ARTIFICIAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, SOY LECITHIN.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.