

HUD Neighborhood Networks: Food, Fitness and Fun Day

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Objectives

By attending part one of this webinar, you will:

- Understand the parts of a food nutrition label
- Learn how to calculate the amount of sugar in foods
- See that serving sizes are not all equal!
- Learn simple tips for recipe makeovers that are healthy and delicious



Healthy Choice Meat Loaf Dinner

Nutrition Facts	
Serving Size 1 meal 340g (340 g)	
Servings per container 1	
Amount Per Serving	
Calories 296	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 37mg	12%
Sodium 496mg	21%
Total Carbohydrate 37g	12%
Dietary Fiber 6g	26%
Sugars 14g	
Protein 18g	
Vitamin A 5% • Vitamin C 44%	
Calcium 10% • Iron 16%	
*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
Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
© www.NutritionData.com	

Traditional Meat Loaf w/Brown Sauce, Mashed Potatoes, Green Beans and Apple Praline Crisp

- How many servings?
- Calories are for 1 serving
- How much fat? Sugar? Salt? (Sodium = Salt)
- Fat has 9 calories per gram
- Protein and carbs have 4 calories per gram

Milk, lowfat, fluid, 1% milkfat

Serving size: 1 cup (244g) ▼

Nutrition Facts

Serving Size 244 g

Amount Per Serving

Calories 102 Calories from Fat 21

% Daily Value*

Total Fat 2g 4%

Saturated Fat 2g 8%

Trans Fat

Cholesterol 12mg 4%

Sodium 107mg 4%

Total Carbohydrate 13g 4%

Dietary Fiber 0g 0%

Sugars 13g

Protein 8g

Vitamin A 10% • Vitamin C 0%

Calcium 29% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com



Milk, chocolate, lowfat

Serving size: 1 cup (250g) ▼

Nutrition Facts

Serving Size 250 g

Amount Per Serving

Calories 157 Calories from Fat 22

% Daily Value*

Total Fat 3g 4%

Saturated Fat 2g 8%

Trans Fat

Cholesterol 8mg 3%

Sodium 152mg 6%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 5%

Sugars 25g

Protein 8g

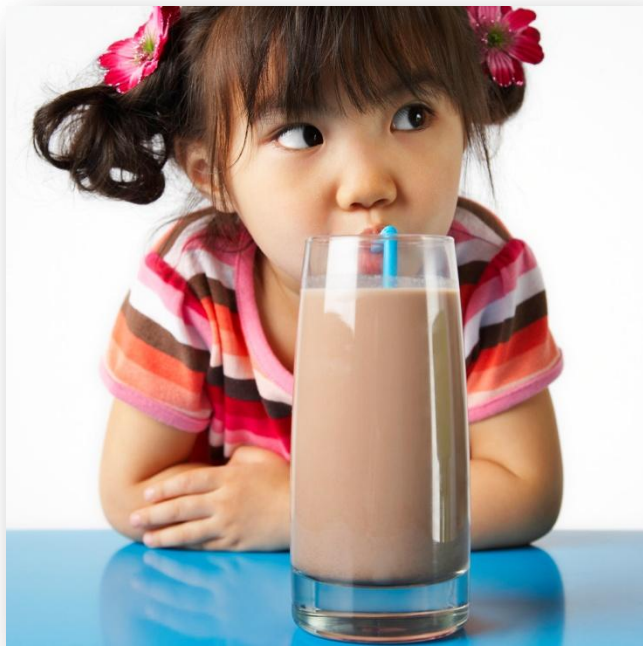
Vitamin A 10% • Vitamin C 4%

Calcium 29% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

These kids are drinking 8 oz of milk, which contains about 3 teaspoons of sugar that naturally occurs in milk called lactose



This child is drinking a really large glass of chocolate milk. In just one cup, she would get 3 teaspoons of naturally occurring sugar and about 3 more teaspoons of added sugar. If she were to drink the whole glass, she could be getting 12 or more teaspoons of sugar!

The Scoop on Sugar

- Many types: sucrose, glucose, lactose, corn syrup, fructose, cane sugar, honey, agave syrup, molasses, brown rice syrup
- 4 grams is about a teaspoon or 1 sugar cube



Let's Do the Math

Since 4 grams is about a teaspoon of sugar, then

- 13 grams of sugar in a cup of regular milk

$13 \div 4 =$ about **3 teaspoons** of natural sugar

- Chocolate milk has 25 grams of sugar in a cup

$25 \div 4 =$ **6 teaspoons** (plus a little more)



Orange juice, raw

Serving size: 1 cup (248g)

Nutrition Facts

Serving Size 248 g

Amount Per Serving

Calories 112 Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 0g 2%

Sugars 21g

Protein 2g

Vitamin A 10% • Vitamin C 207%

Calcium 3% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Orange, raw



Nutrition Facts

Serving Size 1 fruit 2-11/16 (151 g)

Amount Per Serving

Calories 69 Calories from Fat 3

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 4g 14%

Sugars 14g

Protein 1g

Vitamin A 7% • Vitamin C 113%

Calcium 6% • Iron 1%

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

www.NutritionData.com

FDA Has Much More Info

The Nutrition Facts Label - An Overview:

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250 Calories from Fat 110	
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
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 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

1 Start Here →

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6 Quick Guide to % DV


- 5% or less is Low
- 20% or more is High

<http://1.usa.gov/foodlabelsmarts>


What's the Big Deal about Serving Sizes?




1 Cup in Each Bowl




**Triple Nut Flakes
Reduced Sugar Cereal**
Per Serving: 130 Calories
Serving Size: 1/2 cup
Total Calories: 260



Shredded Spoonfuls
Calories per Serving: 120
Serving Size: 3/4 cup
Total Calories: 160



Nature's Path Granola
Per Serving: 260 Calories
Serving Size: 3/4 cup
Total Calories: 345



Puffed Corn
Calories per Serving: 60
Serving Size: 1 cup
Total Calories: 60



Search website

Search input field with a 'Go' button

Subjects

- The Basics
 - Food Groups
 - Tips & Resources
 - Print Materials
 - Interactive Tools
- Specific Audiences
 - General Population
 - Pregnant & Breastfeeding
 - Preschoolers
 - Kids
 - Weight Loss
- Multimedia
- For Professionals
- Partnering Program
- Related Links
- Questions?



Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

I Want To...

- Look up a food
- Learn about food groups
- Get a personalized Plan
- Learn healthy eating tips
- Get weight loss information
- Plan a healthy menu
- Analyze my diet
- Ask a question

Tip of the Day

Focus on fun not performance. Not all children are athletes. But all can make activity a lifetime habit.

[Click here for more tips](#)

10 tips
Nutrition
Education Series

Interested in getting updates on new MyPlate materials? Join our Partnership Program today.



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Subjects

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You are here: [Home](#) / Daily Food Plan

Daily Food Plan

Eating these amounts from each food group daily may help you gradually reach a healthier weight. This plan is a **1800** calorie food pattern. [Click here](#) for more information about weight loss diets.

This plan is based on average needs for a **52** year old **female**, **5 feet 3** inches tall, physically active **30 to 60 minutes** a day, in the healthy weight range. Your calorie needs may be more or less than the average, so check your weight regularly. If you do not see gradual weight loss, [adjust the amount you are eating](#).

▶ Grains¹	6 ounces	tips
▶ Vegetables²	2.5 cups	tips
▶ Fruits	1.5 cups	tips
▶ Dairy	3 cups	tips
▶ Protein Foods	5 ounces	tips

Click the food groups above to learn more.

¹ Make Half Your Grains Whole

Aim for at least 3 ounces of [whole grains](#) a day.

² Vary Your Veggies

Aim for this much every week:

- Dark Green Vegetables = 1.5 cups weekly
- Orange Vegetables = 5.5 cups weekly
- Dry Beans & Peas = 1.5 cups weekly
- Starchy Vegetables = 5 cups weekly
- Other Vegetables = 4 cups weekly

Oils & Empty Calories

View, Print & Learn More:

- ▶ [Click here to view and print a PDF version of **your results**.](#)
- ▶ [Click here to view and print a PDF of a helpful **Meal Tracking Worksheet**.](#)
- ▶ [For a more detailed assessment of your diet quality and physical activity go to the **The Tracker**.](#)
- ▶ You can view/print the **My Daily Food Plan Results** and the **Food Tracking Worksheets** for any or all of the 12 calorie levels.

You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF files.

My Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



Make half your grains whole
Aim for at least **3 ounces** of whole grains a day

Vary your veggies
Aim for these amounts **each week:**
Dark green veggies
= 1 1/2 cups
Red & orange veggies
= 5 1/2 cups
Beans & peas
= 1 1/2 cups
Starchy veggies
= 5 cups
Other veggies
= 4 cups

Focus on fruits
Eat a variety of fruit
Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods
Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories
Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein
Twice a week, make seafood the protein on your plate
Vary your protein routine—choose beans, peas, nuts, and seeds more often
Keep meat and poultry portions small and lean

Find your balance between food and physical activity
Be physically active for at least **150 minutes** each week.

Know your limits on fats, sugars, and sodium
Your allowance for oils is **5 teaspoons** a day.
Limit Calories from solid fats and added sugars to **160 Calories** a day.
Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 1800 Calorie pattern.

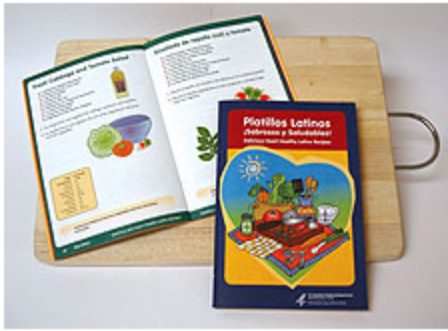
Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.

The Food We Love, Healthy Style!

Delicious Recipes for Heart Healthy Eating

Eat heart healthy foods, learn how to cook using heart healthy recipes appropriate to a specific community or culture.



Delicious Heart Healthy Latino Recipes

Presents 26 popular, easy to prepare, taste-tested Latino dishes. Created in a heart healthy style; in English and Spanish.

- [PDF File](#)
- [Ordering Information](#)



Heart Healthy Home Cooking African American Style

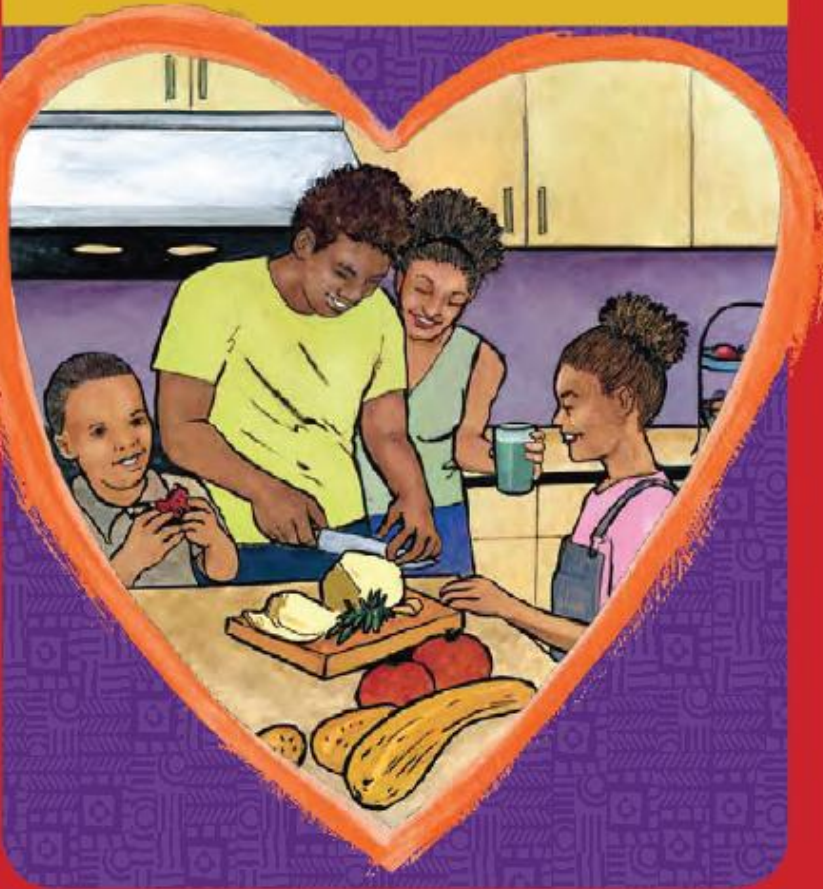
Prepare your favorite African American dishes in ways that protect you and your family from heart disease.

- [PDF File](#)
- [Ordering Information](#)

<http://www.nhlbi.nih.gov/health/healthdisp/recipes.htm>

Heart Healthy Home Cooking *African American Style*

With Every Heartbeat Is Life



- Available as a PDF file for printing
- You can order up to 10 copies free of charge

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>

Platillos Latinos

¡Sabrosos y Saludables!

Delicious Heart Healthy Latino Recipes



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

- Bilingual format
- Available as a PDF file for printing
- You can order up to 10 copies free of charge

http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf

Recipe Makeovers

Recipe Substitutions for Heart Healthy Cooking

Use the suggestions below to lower saturated fat and calories in your favorite recipes. Add herbs and spices instead of salt to enhance flavor.

Recipe calls for:	Substitute:
Whole milk	<ul style="list-style-type: none">• Fat-free or low-fat (1%) milk
Cream	<ul style="list-style-type: none">• Evaporated fat-free milk• Mix equal amounts low-fat (1%) milk and fat-free evaporated milk
Sour cream	<ul style="list-style-type: none">• Fat-free or low-fat sour cream
Mayonnaise	<ul style="list-style-type: none">• Fat-free or low-fat mayonnaise
1 cup of butter	<ul style="list-style-type: none">• 1 cup tub margarine• ¾ cup vegetable oil
Oil (for baking)	<ul style="list-style-type: none">• Equal amounts of applesauce or prune puree
Oil (for sauteing)	<ul style="list-style-type: none">• Water• Nonstick cooking spray• Low-sodium broth
1 whole egg	<ul style="list-style-type: none">• ¼ cup egg substitute or 2 egg whites
1 egg to thicken	<ul style="list-style-type: none">• 1 tablespoon flour
Ground beef (all types)	<ul style="list-style-type: none">• Extra lean ground beef or turkey (10% or less fat)• Turkey (10% or less fat)

- You don't have to ditch your favorite recipes!
- By substituting a few ingredients, you can reduce fat, calories, and salt and still have great tasting meals!

Make a healthy substitution

Healthy substitutions not only reduce the amount of fat, calories and salt in your recipes, but also can boost the nutritional content.

- **Pasta.** Use whole-wheat pasta instead of enriched pasta. You'll triple the fiber and reduce the number of calories.
- **Milk.** Prepare a dessert with fat-free milk instead of whole milk to save 66 calories and almost 8 grams of fat per cup.
- **Meat.** When making casseroles, scale back on meat, poultry or fish and increase the amount of vegetables. You'll save on calories and fat while gaining more vitamins, minerals and fiber.

Baking

- When baking, use applesauce for half of the called-for shortening. The applesauce will help retain the moisture in baked goods, while reducing the amount of calories and fat.
- Choose 100% whole grains and foods high in fiber. In recipes, substitute whole-wheat flour for half of the called-for all-purpose flour, and whole wheat bread for white bread.
- Use cooking spray or nonstick pans to reduce fat when cooking.
- When using apples in a recipe, don't peel the skin, as it offers fiber.
- For a light pie topping, try pureeing Greek yogurt with some honey in the food processor until creamy and smooth.

Fats and Sugar

- To boost flavor and nutrition in treats try adding toppings such as fresh fruits, yogurt or walnuts instead of high calorie frostings and artificial syrups.
- Try to minimize the amount of added sugars and syrups in your recipes to avoid consuming empty calories.

Healthy Choices

- When making salads choose darker greens that are higher in iron and fiber like arugula, chicory, kale, or spinach.¹
- When cooking, minimize the amount of salt used. Dietary Guidelines suggest consuming no more than 2,300 mg of sodium per day, which is about a teaspoon of salt. To enhance flavor, opt for herb blends and spices instead.²
- When a recipe calls for cheese, use aged cheese. The stronger the flavor, the less you need!

Grilling and Meats

- Choose lean meats with minimal visible fat. The leanest cuts of beef include sirloin, chuck, loin and round.
 - Choose lean sources of protein such as chicken and turkey breast, pork tenderloin or buffalo meat.
 - Use ground turkey.
-
- **Fat.** For baked goods, use half the butter, shortening or oil, and replace the other half with unsweetened applesauce, mashed banana or prune puree.
 - **Sugar.** Reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice, and nutmeg, or flavorings such as vanilla extract to enhance the sweetness of the food.
 - **Sodium.** Reduce salt by one-half in baked goods that do not require yeast. Foods that require yeast *must* have the required amount of salt for necessary leavening. However, most main dishes, salads, soups, and other foods can have salt reduced by one-half or eliminated altogether. Use reduced sodium condiments whenever possible and use herbs and spices to add flavor instead of salt.

Start by Going Halfway

- Chocolate milk – mix with half nonfat milk
- Reduce calories in creamy salad dressing by mixing in a little skim milk or fat free half and half, making it much easier to coat all the salad ingredients with nearly half the calories. Shake it up in a bag – you don't need to use as much!
- Mix cereal with low-cal varieties like corn puffs or Cheerios – adds fiber and cuts the sugar
- Mix sweetened yogurt with plain nonfat yogurt
- Make root beer floats with diet root beer and lowfat frozen yogurt

Ideas for Interactive Exhibits

- **Portion Size and Super-Sizing**

Set up a display that shows the actual serving size of various foods. Compare it to the actual size a student or adult might typically eat.

- **Guessing Game**

Have some groups of types of food, such as cereal, fast food, soups, or whatever. Have four or five containers with the food labels covered. Ask people to put them in order from most sugar to least sugar, (or salt, fat, fiber) then reveal the label content and correct order of each one.

Show a Video Experiment

- How Much Sugar in a Can of Soda?

Show this video which demonstrates how to do a simple experiment to find out how much sugar is in a can of soda, then have people do calculations on other common drink or food items. Have a calculator handy and perhaps a handout that shows how to calculate number of teaspoons per gram of sugar.

<http://marshallbrain.com/science/sugar-in-soda.htm>

Hold a Healthy Potluck

- Organize a recipe makeover potluck

Create a handout showing healthy substitutions such as the list from this page:

<http://www.mayoclinic.com/health/healthy-recipes/NU00585>

- Have people bring the old and new recipes and the dish
- Give prizes for best and worst, most interesting, use your imagination!
- Have fun!

And for Dessert... Cupcakes!

- Check out this National Public Radio story that is all about cupcakes with recipe makeovers that sound yummy, such as chocolate espresso cupcakes and red velvet cupcakes with cream cheese frosting



<http://n.pr/cupcakemakovers>

For More Information

- For all of your questions about food, nutrition, and healthy eating for the whole family, don't forget to check MedlinePlus.gov!



HUD Neighborhood Networks: Food, Fitness and Fun Day

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National Network of Libraries of Medicine
MidContinental Region

Colorado * Kansas * Missouri * Nebraska * Utah * Wyoming

Objectives

- Understand how body fat is measured
- Have knowledge of resources for calculating calories needed/burned
- Consider activities that you like to do – commit to 30 minutes today!



A Nation's Challenge

- Nearly one in 3 American kids is overweight or obese
- Two out of every 3 adults are overweight or obese
- Individuals in these groups are at a much greater risk of diabetes, heart disease and cancer
- Let's Move: <http://www.letsmove.gov/>
- Presidential Proclamation--National Childhood Obesity Awareness Month

Affordable Care Act

- The new landmark health care law, the Affordable Care Act (ACA)
 - health insurance plans will be required to cover both screenings for childhood obesity and counseling on nutrition and sustained weight loss, without charging any out of pocket costs.
 - requires large restaurant and vending machine operators to provide visible nutritional information about the products they sell, enabling all Americans to make more informed choices about the foods they eat.

Body Mass Index (BMI)

- KidsHealth BMI Calculator – for children and teens between 2-20 years old
 - Overweight = BMI at or above 85th percentile and lower than the 95th percentile same age/sex
 - Obese = BMI at or above 95th percentile
 - http://kidshealth.org/parent/growth/growth/bmi_charts.html?tracking=P RelatedArticle
- Adult BMI Calculator
 - Overweight = BMI between 25 – 29.9
 - Obese = BMI of 30 or higher
 - <http://www.nhlbisupport.com/bmi/bmicalc.htm>
 - Old school calculation - divide your weight in pounds by your height in inches squared and multiply by 703

How Many Calories Do You Need/Burn?

- Between 20 to 50 percent of your daily caloric needs are determined by physical activity
 - <http://www.mayoclinic.com/health/calorie-calculator/NU00598>
- How many calories are burned during an activity?
 - <https://www.aarphealthcare.com/health/aarpoptum/tools/calories-burned-calculator>
 - http://www.caloriesperhour.com/index_burn.php
 - 3,500 calories = approximately 1 pound of fat

Activity Levels

■ Moderate Activities – *can talk, but can't sing*

- Dancing (ballroom/line)
- Bicycling on a flat road
- Brisk walk (3 miles per hour)
- Water aerobics
- Catch and throw sports (baseball, softball, volleyball)
- Canoeing
- Tennis (doubles)



■ Vigorous Activities – *difficult to talk*

- Dancing (aerobic, fast)
- Biking 10 miles per hour
- Hiking uphill
- Jumping rope
- Karate
- Jogging, running, race walking
- Swimming fast

Measuring Heart Rate

- Target heart rate calculations
 - <http://www.mayoclinic.com/health/target-heart-rate/SM00083>
 - Old School – For adults, subtract your age from 220 to determine maximum heart rate
- Check your heart rate
 - Have ready a clock or watch with a second hand
 - Place tips of first two fingers lightly over one of the blood vessels on your neck – or the pulse spot inside your wrist just below the base of your thumb
 - Count the number of pulses for 10 seconds and multiply by 6
- Use a heart rate monitor (not for water sports/activities)

6 – 17 years of age

- Children should do 60 minutes or more physical activities each day
 - Walking, running, jumping rope, hopping, skipping
 - Gymnastics, pushups, sit-ups
 - Skateboarding, jungle gym
 - Football, basketball
 - Riding bikes
 - Swimming, dancing, karate

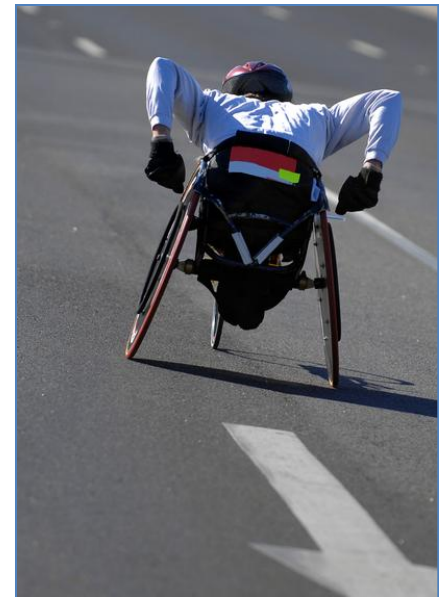


18-? years of age

- 2 hours and 30 minutes of moderate intensity aerobic activity; or, 1 hour and 15 minutes of vigorous intensity aerobic activity
 - Brisk walk, bicycling, swimming, hiking, jumping rope
- Include muscle-strengthening activities on 2 or more days a week that work the legs, hips, back, abdomen, chest, shoulders and arms
 - Pushups, sit ups, weights, yoga
- For those over 65, include activities to maintain/improve balance
 - Exercise stories from NIH Senior Health
<http://nihseniorhealth.gov/stories/stories.html>

Physical Activity and Disability

- 2 hours and 30 minutes of moderate intensity aerobic activity
- Or, 1 hour and 15 minutes of vigorous intensity aerobic activity
- The National Center of Physical Activity and Disability has excellent information on exercise and fitness @ <http://www.ncpad.org/>



Action Plan

- Use Gmap Pedometer to map a one mile course around your event or neighborhood
 - <http://www.gmap-pedometer.com/>
- How Fit Are You? Stations
 - <http://www.mayoclinic.com/print/fitness/SM00086/METHOD=print>
- Start a walking group
 - http://www.mayoclinic.com/health/walking/SM00062_D
- Visit <http://www.healthierkidsbrighterfutures.org/events/> to see what events/activities were done around the nation to celebrate Childhood Obesity Awareness Month in 2010

Questions?

Thank You!

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