

# Healthy Eating Tip

## JANUARY Of the 2011 Month

### Understanding Nutrition Fact Labels

Toast to Good Health, A New Years Resolution that is easy to keep! Start the New Year off right with health at a simple twist of the wrist. Understanding how to read nutrition fact labels can help you take control of your diet and the foods that eat. All it takes is an easy glance at the nutrition fact label (or food label) by simply turning the product to the where the food label is located—an stress free twist of the wrist! Start the New Year off right with a healthier outlook on the foods you purchase for you and your family! Read on to learn more about reading food labels, ingredients list, and symbols to look out for on food products. Also, check out flavorful tips on cooking with spices, and find out how you can **win a Select-A-Spice Carousel!**

# Why Bother?

◆ Americans now consume **100-400 extra calories** per day.

◆ Current data from the National Health and Nutrition Examination Survey (NHANES) 2005-2006 found that many of the top food sources consumed by the US population are energy-dense and are not in nutrient dense forms



## Nutrient Dense Food according to the 2005 Dietary Guidelines :

“forms of foods that are lean or low in solid fats and without added solid fats, sugars, starches, or sodium and that retain naturally-occurring components such as fiber.

For example, all vegetables, fruits, whole grains, fish, eggs, and nuts prepared without added solid fats or sugars are considered nutrient-dense, as are lean or low-fat forms of fluid milk, meat, and poultry prepared without added solid fats or sugars”

(Dietary Guidelines for Americans, 2010 Report)



◆ Poor Dietary Practices = May Lead to Diet-Related Chronic Disease

How?: Overconsumption of calories, high intake of sodium and saturated fat, and low intake of fruits, vegetables, and fiber

◆ One study found those individuals that use the nutrition fact label when deciding to purchase food items consume less total energy, total fat, cholesterol, sodium, and sugar.

# The Information is Available

All tools take some time to learn, but when you learn them it becomes second nature to you! Using the Nutrition Fact Label (food label) can help you make healthier food choices for yourself and your family. All it takes is a twist of the wrist to make a healthier, happier choice.

# Decoding The Food Label

## Start Here

The Serving Size tells you the amount of calories and nutrients for a specific portion. Remember, **one package may contain more than one serving!**

# Serving Size



## Figure it Out!

Checking the serving and serving size makes all the difference! To figure out how many calories and nutrients you are actually consuming **multiply the calories or specific nutrients by the Serving Per Container.**

Calories & Nutrients in the entire package: Serving Size 2 cups (576g)	
Calories: <b>500</b>	Calories from fat: <b>220</b>
Total Fat: <b>26g</b>	Saturated Fat: <b>10g</b>
<i>Trans</i> Fat: <b>6g</b>	Cholesterol: <b>60mg</b>
Sodium: <b>940mg</b>	Total Carb: <b>62g</b>
Sugar: <b>10g</b>	Protein: <b>10g</b>

Nutrition Facts	
Serving Size 1 cup (288g)	
Serving Per Container 2	
Amount Per Serving	
<b>Calories:</b> 250	
Calories from Fat: 110	
%Daily Value	
<b>Total Fat</b> 13g	20%
Saturated Fat 5g	25%
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30g	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugar 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Why Bother?

Makes all the difference! Do not be fooled, you may be eating more calories and nutrients than you realize.



## Did you know?

At one time, food manufactures were not required to put the serving size of the product on the food label. There were no existing guidelines for recommended serving size. Due to the obesity epidemic, FDA asked the food industry to label foods that can be eaten in one sitting as one serving size.

# Decoding The Food Label

# Checking Calories



## Check Calories

Provide a measure of how much energy you get from a serving of food.

Remember, when comparing foods **PER SERVING:**

- 40 calories = Low
- 100 calories = Moderate
- 400+ calories = High

Try to look for foods with the **fewest** amount of **calories from fat!**

**Eating too many calories a day is linked to overweight and obesity**



## Why Bother?

Weight gain is caused by eating more calories than you burn off. Excessive body fat may increase risk of many serious disorders. Take control of the foods you eat, fight against health related diseases!

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## Did You Know?

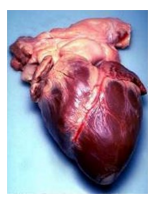
- Solid fats and added sugars make up slightly more than 1/3 of the calories currently consumed by Americans.
- Solid fats and added sugars **add 500-1050 calories** to many Americans diets each day and contribute very little to nutritional value.
- **Statistics show that Americans are consuming too many sources of non-nutritious food items. The DGAC is concerned that Americans are overweight and under-nourished**

# Decoding The Food Label

# Limit Fat



**Total Fat**  
 Not all fats are bad! Get more of **Monounsaturated fatty acids** and **Polyunsaturated fatty acids**



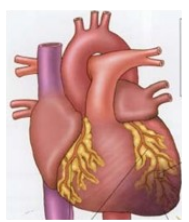
**Why Bother?**  
 Monounsaturated fatty acids (MUFA) and Polyunsaturated fatty acids (PUFA) *will not give you heart disease!*

## Saturated and Trans Fats

Try to aim for buying food items that are **3g saturated fat or less per serving.**

### Why bother?

- Eating an excessive amount of saturated fats (SFA) and *trans* fats can **increase your risk of cardiovascular disease (CVD)** and increase your markers for **type 2 diabetes (T2D)**.



- “The evidence shows that a 5% energy decrease in saturated fatty acids, replaced by monounsaturated fatty acids and polyunsaturated fatty acids, decrease risk of cardiovascular disease and type 2 diabetes in healthy adults and improves insulin responsiveness in insulin resistant and type 2 diabetic individuals”  
 (Dietary Guidelines for Americans, 2010 Report)

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**Cholesterol**  
 Recommended to consume **less than 200 milligram (mg) a day**

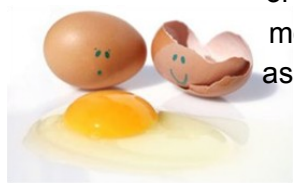
## Take the Load Off Your Heart

Replacing saturated fatty acids with unsaturated fatty acids is more effective in decreasing heart disease than reducing total fat intake overall



## Myth Busters:

One egg a day is not associated with risk of coronary heart disease or stroke in healthy adults, but more than 7 eggs per week is associated with increased risk.



# Decoding The Food Label

# Limit Sodium



## Sodium

Recommended to consume less than 2,300 milligrams per day

Look for a Daily Percent Value that is **5% or Lower**  
20% or more is too high!

## Why Bother?

Eating an excessive amount of sodium may increase your blood pressure, which can lead to heart disease, kidney disease, and stroke. Eating less salt can lower your blood pressure and reduce risk of disease!



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## Did you know?

- 97% of Americans of all age-sex groups exceed the adequate intake (AI) for sodium
  - 90% of boys older than 9 years old and adult men (mean age up to 70 years old) exceed AI for sodium
  - 50-75% of girls older than 9 years old and adult women of all ages exceed AI for sodium
- Dietary Guidelines for Americans, 2010 Report



In an average American diet, about 25% of sodium intake comes from the saltshaker

You can **lower** your **blood pressure** by **decreasing** your **sodium/salt** intake!

Read on to find out ways to **reduce your salt** intake **without losing the flavor** of your food!

# Decoding The Food Label

# Carbohydrates



**Total Carbohydrate**  
Is a combination of natural sugars and added sugars

**Natural sugars** are sugars that occur naturally in foods such as fructose in fruit.



**Added Sugars** are sugars added to food items to sweeten the product. **These sugars are a source of empty calories!**  
Read on to get a full list of added sugars!

## Why Bother?

Eating an excessive amount of sugar can lead to eating extra empty nutrients and calories your body may not use and end up storing as extra fat.

Try to aim for buying food items that are **lower in added sugar.**

Here is some quick math:

Divide grams of sugar by 5 = amount of sugar in teaspoons

Example:

30 g sugar / 5 = 6 teaspoons of sugar

vs

10 g of sugar / 5 = 2 teaspoon of sugar

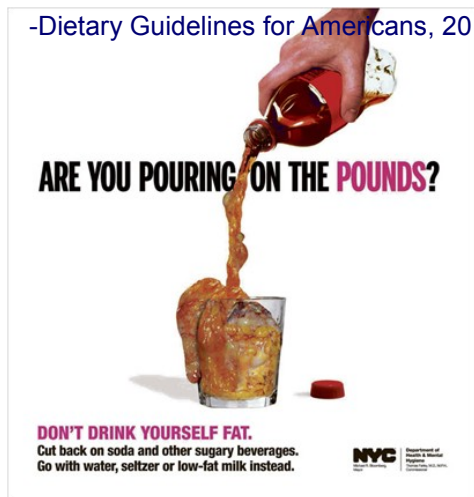


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<b>Total Carbohydrate</b>	31g 10%
Dietary Fiber	0g 0%
<b>Sugar</b>	5g
Protein	5g
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Did you know?

Strong evidence shows an association between increased adiposity in children and increased consumption of sugar sweetened beverages.

-Dietary Guidelines for Americans, 2010 Report



# Decoding The Food Label

# Fiber, Vitamins, and Minerals



**Fiber**  
Buy food items with the most soluble and insoluble fiber. You want to **slowly increase** your consumption of fiber, the goal is **25g to 30g a day**.



**Why Bother?**  
Get more fiber! Dietary fiber from whole foods can protect against heart disease, obesity, and some cancers. Fiber also promotes healthy digestion.

**Note to Self:**  
When **increasing fiber**, you need to **increase water** consumption!  
Fluid helps your body digest fiber without discomfort



**Vitamins and Minerals**  
Get a balanced source of vitamins and minerals from a variety of foods through out your day



Fortified form of vitamins and minerals are good, but natural forms are the best!

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Did you know?  
Most individuals do not get enough fiber!  
"Good Source" of fiber = 2.5g per serving  
"Excellent Source" of fiber = 5g per serving

# Decoding The Food Label

# Percent Daily Value



## Daily Values...

Helps determine if a food is **high or low in a nutrient** based on a 2,000 calorie diet.

5% Daily Value = Low  
20% Daily Value = High

## Purpose:

Helps interpret the number of grams or milligrams by showing the nutrient on a scale for the entire day (0-100%)

*Note:* Not all nutrients add up to 100% because each nutrient has its own daily requirements for that nutrient

## Example:

Total Fat = < 65 grams  
Saturated Fat = < 20 grams  
Total Carbohydrate = 300 grams  
Dietary Fiber = 25 grams

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## Nutrients you want to keep Low

### 5% Daily Value or Lower

Total Fat  
Saturated Fat  
Cholesterol  
Sodium



## Nutrients you want to keep High

### 20% Daily Value or Higher

Fiber  
Vitamins and Minerals



## Why Bother?

Helps to make a quick comparison between foods. Just make sure that the food products are the *same serving size*.



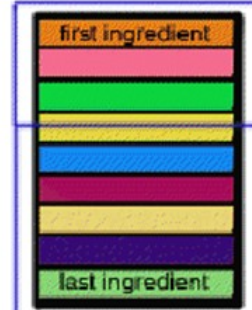
# Reading the Ingredients List

The Ingredients List shows what ingredients are used to make the product.

The ingredients that are listed first are used the most and the ingredients used the least are listed at the end.

If any type of fat or sugar is listed at the top, it is most likely that the product is higher in fat or sugar. Also, look for salt on the list.

ingredients list      food product



## THE FIRST 2-3

### INGREDIENTS ARE THE MOST IMPORTANT

Choose foods that do not have unhealthy fats or sugars as one of the first three ingredients

### Look for these Added Sugars

Corn syrup  
Fruit Juice concentrates  
Honey  
Molasses  
Brown Sugar  
Corn Sweetener  
Dextrose  
Fructose  
Glucose  
High-fructose corn syrup  
Invert sugar  
Maltose  
Malt syrup  
Raw Sugar  
Sucrose  
Sugar  
Syrup



### Look for these ingredients High in Saturated Fats and *Trans* Fats:

Partly hydrogenated oils  
Butter  
Lard  
Coconut oil  
Cocoa butter  
Palm kernel oil  
Palm oil  
Meat Fat (pork, beef, poultry, etc)  
Cream  
Whole-milk solids  
Egg Yolks  
Vegetable shortening  
Hydrogenated vegetable oil



### Choose these healthier oils (non-hydrogenated)

Olive oil  
Canola oil  
Safflower oil  
Sunflower oil  
Sesame oil



### When shopping for whole grains, choose these:

Whole Wheat  
Whole Oat  
Brown Rice  
Bulgur  
Graham flour  
Oatmeal  
Whole grain corn  
Whole rye



### Do not be fooled by these products, the following may not be whole grains:

Multigrain  
Seven Grain  
Stone-Ground  
Bran  
Cracked Wheat  
100% Wheat

# Nutrition Content Claims

## What do they really mean?



Nutrition Content Claims are claims that characterize the level of nutrition in a food. Foods are described as **Free**, **Low**, **Reduced**, **More**, **Light**, **Healthy**, **Lean**, **Extra Lean**, **Good Source**, and **Excellent Source**.

Calories	
<b>Free</b>	Less than 5 calories per serving
<b>Low</b>	40 calories or less per serving. 120 calories or less per main dishes and meals
<b>Reduced or Less</b>	At least 25% fewer calories per serving compared to the reference food

Total Fat	
<b>Free</b>	Less than 0.5 grams per serving
<b>Low</b>	3 grams or less fat per serving No more than 30% calories from fat per main dishes and meals
<b>Reduced or Less</b>	At least 25% less fat per serving compared to reference food

Saturated Fat (SFA)	
<b>Free</b>	Less than 0.5 grams per serving
<b>Low</b>	1 grams of less SFA per serving No more than 10% calories from fat per main dishes and meals
<b>Reduced or Less</b>	At least 25% fewer calories per serving compared to the reference food

Cholesterol	
<b>Free</b>	Less than 2mg per serving
<b>Low</b>	20 mg or less cholesterol per serving 20 mg or less per 100 grams main dishes and meals
<b>Reduced or Less</b>	At least 25% fewer calories per serving compared to the reference food

Sodium	
<b>Free</b>	Less than 5 mg per serving
<b>Low</b>	140 mg or less sodium per serving 140 mg or less sodium per serving per 100 grams for main dishes and meals
<b>Reduced or Less</b>	At least 25% fewer calories per serving compared to the reference food

Sugar	
<b>Free</b>	Less than 0.5 grams per serving
<b>Low</b>	No claim made because there is no definition
<b>Reduced or Less</b>	At least 25% fewer calories per serving compared to the reference food

Fiber, Vitamins, and Minerals	
<b>Good Source</b>	10-19% Daily Value per serving
<b>Excellent Source</b>	20% or more Daily Value per serving



Implied Nutrition Content Claims	
<b>Healthy</b>	'Low fat', cholesterol <60mg, and sodium <480mg At least 10% of the DV for one (individual food), two (main dishes) or three (meals) of the six nutrients (VIT A, C, Calcium, Iron, protein, or fiber)
<b>Lean</b>	Less than 10 g total fat, 4.5 g SFA, and 95 mg cholesterol per serving
<b>Extra Lean</b>	Less than 5 g total fat, 2 g SFA, and 95 mg cholesterol per serving

# Nutrition Label Symbols



Here are some symbols commonly seen on food products that help consumers make smarter choices when shopping.



Product of: The Whole Grain Council

1. **Basic Stamp:** contains 8 grams whole grain for half a serving
2. **100% Stamp:** all grains are whole grains



Product of: Pepsi Co.

Meets nutrition criteria based on the USDA guidelines and National Academy of Science.



Product of: The American Heart Association

Foods meet the American Heart Association criteria to be low in cholesterol and saturated fat for individuals over the age of two.



Product of: Kraft Foods

Foods meet the guidelines for *Dietary Guidelines for Americans*, 2005, FDA, National Academy of Science, and more. All food products that contain "Sensible Solutions" are low in calories, fats, sodium, and sugar.



Created by an organization of individuals including: scientists, health and research organizations, food and beverage manufactures, and various individuals.

Label states how many calories there are per serving and how many servings the package contains on the front of the label. The goal of "Smart Choice" is to raise consumer awareness of calories.

# Cutting Down on Salt

## Not Taste



### Ditch the Salt Shaker and Decrease Your Blood Pressure!

Decreasing your intake of sodium reduces your risk of stroke, cardiovascular disease, kidney disease, and health care costs. Try jazzing up your foods with these savory spices and herbs:

- ∞ Ground Black Pepper
- ∞ Onion powder
- ∞ Garlic powder
  - ∞ Cumin
- ∞ Coriander
  - ∞ Ginger
- ∞ Curry Powder
  - ∞ Basil
  - ∞ Dill Seed

### Experience *more flavor without salt* by using herbs and spices. You should try.....

#### MEATS:

**Chicken:** rosemary, sage, poultry seasoning, paprika, tarragon, oregano, thyme

**Beef:** bay leaf, garlic, nutmeg, onion, pepper, thyme, marjoram

**Fish:** dill, mustard seed, curry, bay leaf, paprika, onion, pepper

**Pork:** garlic, rosemary, allspice, nutmeg, oregano, onion, cinnamon, sage, ginger

#### VEGETABLES:

**Broccoli & Cauliflower:** garlic, onion, oregano, Italian seasoning, curry powder, dill

**Carrots:** ginger, cinnamon, cloves, nutmeg, crush red pepper, oregano, rosemary, sage

**Green Beans:** garlic, onion, dill, thyme, rosemary, nutmeg, oregano

**Potatoes:** dill, chives, onion, nutmeg, paprika, thyme, garlic, onion

**Spinach:** garlic, onion, allspice, mustard, cayenne pepper.

### Recipes From Kaiser Permanente Health Education Center

#### Saltless Surprise

- 2 tsp garlic powder
- 1tsp basil
- 1 tsp oregano
- 1 tsp powdered lemon rind or dehydrated lemon juice

Put the ingredients into a blender and mix well

#### Pungent Salt Substitute

- 3 tsp basil
- 2 tsp savory (summer savory is best)
- 2 tsp ground cumin seed
- 2 tsp celery seed
- 2tsp sage
- 2 tsp marjoram
- 1 tsp lemon thyme

Mix well and then crush to a fine powder with a mortar and pestle

#### Spicy Saltless Seasoning

- 1 tsp pepper
- 2 tsp paprika
- 1 Tbsp rosemary

Mix ingredients in a blender



**Adding spices:** Start with 1/8 to 1/4 teaspoon for a serving of 4, and then increase based on your own personal taste and style (Spiceadvice.com)



# What is New in the News?



## Pom-boozled: Do heath drinks live up to their label?

By Sara Klein *CNN, Health.com*

**Summary:** The Federal Trade Commission (FTC) and the Food and Drug Administration (FDA) have filed a law suit against POM wonderful pomegranate juice for misleading nutrition information or making overly specific health claims on their packaging. POM wonderful claims that their drink “improves blood flow and heart health, prevents and treats prostate cancer, and works 40 percent as well as Viagra”. The FTC and FDA has challenged POM wonderful’s research behind their health claims, stating that the research was bias in that it was funded by POM wonderful, and the research studies examined a significantly small group of individuals. POM wonderful responded by insisting that their research was legitimate, and even appeared in the Journal of Clinical Nutrition and Atherosclerosis. Spokeswomen for the American Dietetic Association, Keri Gans, RD, stated, “As long as consumers limit themselves to 8 -ounce servings and products with no added sugar, juice can be an excellent source of vitamins and other nutrients. But it’s not going to solve any of your health issues.” She added that the take away message is if individuals focus on consuming an overall, well balanced diet, then he or she will not be looking for individual products that make false promises.



## Cutting Teen Salt Could Save Future Health Costs

By: Authors of CNN.com

**Summary:** Now a days, people have become accustomed to the high salty content of foods. New research has shown that decreasing salt intake in teenagers can result in decreasing hypertension, stroke, and heart attacks in adults. Decreasing one’s salt intake by 3 grams each day (1/2 teaspoon salt) can decrease rates of teenage hypertension by 68 percent, also decreasing rates of adults with future heart conditions. Research shows that targeting teens to break their salt habits early can lead to decreasing the number of adults with hypertension in the future. This can begin by making gradual reduction in salt and paying attention to nutrition labels.

## Nutrition Labels to Get More in Your Face

By Gina Potthoff *The Columbus Dispatch*

**Summary:** The FDA will be coming out with new guidelines for easier front-of-the packaging labeling for voluntary food marketers and retails. These new labels are meant to be larger print, and highlight calories, fats, added sugars, and fiber for food and beverage products. The FDA should be coming out with these new labels in the next six months.



**Visit the Nutrition Board  
in the University Hospital Cafe  
and  
Win a Prize !!!!!**



Food Network's

Select-a-Spice Carousel by KitchenArt

12 Bottle Spice Rack perfect for any kitchen looking to spice up its culinary flavors!

While you're at the Nutrition Board in the University Hospital Café, grab a brochure on:

- Reading Nutrition Labels
- Smart Shopping
- Getting Enough Fiber
- Cooking Low Sodium
- Reading Ingredient Labels

**Enter For Your Chance to Win By  
January 31, 2011**

**Want More Information?**  
**Visit**



[Interested in other nutrition-related topics? Visit the Nutrition Services Healthy Eating Tip of the Month website for other interesting topics:](https://www.med.umich.edu/pfans/services/tip.htm)

<https://www.med.umich.edu/pfans/services/tip.htm>

[Want More Information About Reading Nutrition Food Labels?](#)

[WWW.FDA.GOV](http://WWW.FDA.GOV)

[WWW.NUTRITION.GOV](http://WWW.NUTRITION.GOV)

[WWW.EATRIGHT.ORG](http://WWW.EATRIGHT.ORG)

[WWW.USDA.GOV](http://WWW.USDA.GOV)

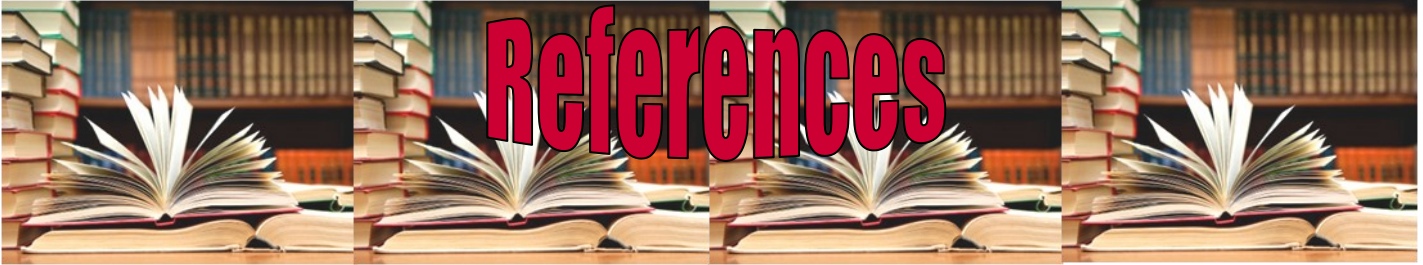
[WWW.MYPYRAMID.GOV](http://WWW.MYPYRAMID.GOV)

[Want More Information About Lowing Your Sodium or Using Spices in Your Cooking?](#)

[WWW.AMERICANHEART.ORG](http://WWW.AMERICANHEART.ORG)

[WWW.SPICEADIVCE.COM](http://WWW.SPICEADIVCE.COM)

[WWW.NHLBI.NIH.GOV](http://WWW.NHLBI.NIH.GOV)



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**January 2011. Healthy Eating Tip of the Month.**

**Created By: Dominique Mocarski, UMHC Dietetic Intern.**



**Patient Food and Nutrition Services**

**Nutrition Counseling Center UH Room # 2A-237  
(second floor)**

**1500 E. Medical Center Drive Ann Arbor, MI 48109-0056  
Phone: 734-936-7527**