

Nutrition SENSE

UNIVERSITY OF MASSACHUSETTS – DINING SERVICES

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APRIL'S *quick tip*

How many calories do you need each day? How much fat? Carbohydrate? Fiber? Protein? The % Daily Values are based on 2,000 calories a day. But even if you eat more, or less, you can use the % Daily Values as your guide to healthy eating.

DIETITIAN *on duty*

5:00-6:00 pm

Wednesday, April 12
at Worcester DC – Hillside Room

Wednesday, April 19
at Franklin DC

Wednesday, April 26
at Hampshire DC

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Be Smart. Eat Smart.



Nutrition

UMASS AMHERST DINING SERVICES



How much fat?
Carbohydrate?
Fiber? Protein?
The % Daily Values?

Understanding the nutrition facts label.

NUTRITION LABEL

Anyone can understand the nutrition facts label. All you need is a little guidance to make a prompt and educated food decision. To make it easier to read and understand, food labels have been enhanced to make it more user friendly for people of all ages to distinguish what nutrients are really in the food they are consuming. What young adults eat affects their health now and in the future. Studies show that diets of teens and young adults typically lack several essential nutrients. For instance, calcium and iron intakes tend to be low, especially for females who consume less calories than males. Remember, being informed is the first step in making more healthful choices. Look inside this newsletter to understand every part of the food label.

Let's see what you know already
with the nutrition label quiz.

NUTRITION LABEL QUIZ

TRUE OR FALSE

1. The Percent Daily Values on the label are based on a 3,000 calorie-a-day diet.
2. Ingredients are listed on the label by weight, with the first ingredient being present in the greatest amount.
3. Calorie content and Percent Daily Value on the label are based on a single serving.
4. A beverage labeled "fruit drink" is 100% fruit.
5. A label that reads "calcium - 6%" means that 6% of your Daily Value for calcium is supplied in a single serving.
6. The total amount of cholesterol and sodium consumed per day remains the same no matter what your daily caloric intake is.
7. A person who eats 3,000 calories a day should eat 150% of the Daily Value of fat, carbohydrate, and protein listed for a 2,000-calorie diet (e.g., 100 grams of fat vs. 65 grams of fat).

Look for answers on the back page.

1 SERVING SIZE
States a standardized serving size (to compare nutritional comparisons of similar products) and the number of servings per container. The standardized serving size is listed in common units, such as cups, tablespoons, ounces or pieces as well as in metric units, such as grams. Is your serving size the same as the one on the label? If you eat double the serving, you need to double the nutrient and calorie values. If you eat one-half the serving size, cut the nutrients and calories in half. The number of servings is important because one container may contain several servings. If you eat an entire box of a product, you may be consuming 3, 4 or more servings!

2 CALORIES
Provide a measurement of how much energy you will be getting from carbohydrates, proteins, and fats. This information is helpful for weight management because eating too many calories is linked to overweight and obesity. If you are overweight, try cutting back a little on your calories. Remember that the amount of servings you consume determines the actual amounts of calories you consume. A general guide to calories per serving is: 40 calories is low, 100-400 calories is moderate, and above 400 calories or more is considered high per serving.

3 TOTAL FAT
Fat is essential in our bodies and only 30% of the calories should come from all the fats. There are three types of fat: Monounsaturated, Polyunsaturated (trans fats and omega-3 fatty acids) and Saturated fat. Monounsaturated fats and omega-3 fatty acids are the fats that are healthy for the heart. These fats are found in olive oil, canola oil, flax seeds, fatty fish (tuna and salmon), avocados, nuts and seeds.

Saturated Fat
Saturated fat is found mainly in meat and dairy products and should be limited (10% of your daily caloric intake) as it raises your bad cholesterol levels. Consuming too much Saturated fat increases your risk for heart disease, diabetes, and strokes.

Trans Fat
Trans fat is found mainly in snacks and desserts. Trans fat raises your bad cholesterol levels and increases your risk for heart disease, diabetes, and strokes. According to the FDA, trans fat does not have to be listed if the total fat in a food is less than 0.5 grams per serving and if no health claims are made about fat or cholesterol content. Read the ingredients to make sure whether an item contains trans fat. Read more on trans fat in the newsletter on the next page.

4 CHOLESTEROL
Cholesterol is only found in animal products. You should limit your intake to less than 300mg per day due to the fact that it can lead to heart disease.

5 SODIUM
Sodium tells you how much salt is in the food. Having too much salt in the diet may lead to high blood pressure. Sodium intake should be kept below 2,400mg daily.

6 PERCENT DAILY VALUE (%DV)
%DV is based on the Daily Value recommendations for a 2,000-calorie diet and helps you figure out how much of a particular nutrient one serving of a product provides and if a product is high or low in a nutrient. A 5% Daily Value is considered to be low while a 20% Daily Value is considered to be high in a nutrient. Remember, if you consume more than one serving, the %DV will be more as well. For nutrients that you want to increase in your diet (Fiber, Vitamins A and C, Calcium and Iron), aim to consume foods that have a %DV of 20% or more. For nutrients that you want to decrease in your diet, such as total fat, saturated fat, trans fat and sodium, try to consume foods that have a %DV of 5% or less.

7 TOTAL CARBOHYDRATE
Carbohydrates give your brain and muscles energy. Fifty-five to sixty five percent of the daily calories should come from carbohydrates. When choosing foods that are carbohydrate rich, select half the daily carbohydrates from whole grain cereals, whole grain breads, whole grains (brown rice, bulgur, barley, mixed grains, etc.) fruits, vegetables, legumes (dried beans and peas) and pastas.

Dietary Fiber
Dietary fiber helps with digestion, promotes regularity in bowel functions and can help reduce cholesterol levels as well as reduce your risk of some cancers. Fiber does not contain calories. Fruits, vegetables, whole grains, beans and peas are all good sources and can help reduce the risk of heart disease and cancer.

Sugar
Sugar comes in two different forms, natural sugar and added sugar. Natural sugar is found in many foods such as milk (lactose) and fruit (fructose) and these foods also contain other nutrients (fiber, vitamins and minerals). Added sugar is great for instant energy, but eating too much can be unhealthy. Added sugar is found in snacks and desserts, such as candy, cookies, cakes and even cold sugared cereals. Choose a cold ready to eat cereal with less than 10 grams of sugar per serving. Unfortunately, the label does not differentiate between the two types of sugars.

8 PROTEIN
This nutrient builds muscles and fights infection. Fifteen to twenty percent of daily calories should come from protein. Most Americans get more protein than they need. Animal protein provides additional fat and cholesterol. Try leaner cuts of meat such as chicken (without the skin), fish, beans and low-fat or fat-free dairy products.

9 VITAMINS AND MINERALS
Vitamins and minerals tell you the percent daily value for Vitamin A, Vitamin C, Calcium, and Iron you are getting from a product. Some manufacturers will list other vitamins and minerals as well. When reading the food label, Percent Daily Values above 20% indicate that the product is a good source of these desired items. Eating the recommended amounts of these nutrients reduces your risk of developing certain diseases and conditions like heart disease, obesity, and osteoporosis.

10 FOOTNOTE ON %DV
You may notice the footnote at the bottom of the nutrition facts label where it says, "Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs." This means that the %DV represents a relative contribution for each nutrient within your calorie needs, even if it is not 2,000 calories. It is the recommended dietary advice for everyone.

11 INGREDIENTS LIST
Ingredients are listed by weight from most to least. The ingredients list is a good source of information for people who must avoid certain ingredients due to religious beliefs, personal ethics or food allergies.

CALORIES PER GRAM
At the bottom of some of the Nutrition Facts label you may notice "Fat 9, Carbohydrate 4, and Protein 4". This means that per gram, fat contains 9 calories, carbohydrates contain 4 calories, and protein contains 4 calories. This does not change from product to product.

Understanding the Label

Researched and compiled by Andrea Greaney, Nutrition Major, Class of 2007

Nutrition Facts
Serving Size 1 Cookie (16g)
Servings Per Container About 48

Amount Per Serving
Calories 80 Calories from Fat 35

	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber less than 1g	1%
Sugars 6g	
Protein less than 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

*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: Bleached and enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean oil and/or cottonseed oil with TBHQ for freshness, sugar, high fructose corn syrup, semisweet chocolate (sugar, cocoa butter, dextrose, soy lecithin, natural and artificial flavor, salt), contains two percent or less of modified cornstarch, cocoa, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), natural flavor, emulsifiers (soy lecithin, polysorbate 60, sorbitan monostearate), salt, cocoa treated with alkali, eggs, caramel color, yellow #6, artificial flavor, whey.

CONTAINS WHEAT, SOY, EGG AND MILK INGREDIENTS. MAY CONTAIN TRACES OF PEANUT.

12 FOOD ALLERGENS
Food allergies can be a life-threatening condition to some individuals. They need to avoid these allergens so they do not have a reaction. As of January 2006, allergens must be labeled underneath the Nutrition Facts to assist those with food allergies. The most common allergens include milk, eggs, fish, Crustacean shellfish (shellfish), tree nuts (cashews, walnuts, almonds, pistachio, etc.), peanuts, wheat and soybeans.

All foods can be a part of healthy eating when eaten in moderation. If you keep your portion sizes reasonable, it's fine to indulge in your favorite treat once in a while (not daily). Don't deprive yourself!

Trans Fats & Your Health

Researched by Kristen Pearson, Nutrition Major, Class of 2007



WHAT ARE TRANS FATS?

Trans fats are a potentially dangerous type of unsaturated fat. They are created when vegetable oils undergo a process called “hydrogenation,” which means that more hydrogen atoms are added to the fatty acids, thus making a liquid oil into a solid state (margarine). Foods are purposefully hydrogenated by the food industry because hydrogenation increases the shelf life and flavor stability of foods. Unfortunately, trans fats may have adverse health consequences.

WHY ARE TRANS FATS DANGEROUS?

Research shows that consumption of trans fats raises the “bad” cholesterol levels in the human body. An increase in bad cholesterol increases the risk of cardiovascular disease, such as heart attack or stroke. Therefore, trans fats should be avoided to reduce the risk of heart disease!

FOODS TO AVOID: IDENTIFYING TRANS FATS IN FOODS

Unfortunately, trans fats are present in an array of different foods. As of January 2006, trans fats are listed on the food label directly below saturated fats. Always check the food label for the amount of trans fats; try to avoid foods that contain trans fats. According to the FDA, trans fats do not need to be on the label if there is less than 0.5 grams of total fat per serving and if there are no health claims related to fat or cholesterol in the product.

Another way to check for trans fat content is to check the ingredients on the label. If the ingredient list states “hydrogenated,” then that food contains trans fats. Try to avoid foods containing trans fats to protect your health!

Specific items that contain undesirable trans fats are vegetable shortening, some margarines, crackers, cookies, pies, potato chips, some popcorns, animal products, French fries, and other foods made with or fried in partially hydrogenated oils. However, one should always read the label to determine if the product contains trans

fats. With the new labeling laws, many food manufacturers are changing their formulation so their products are trans fat-free. In the dining commons, we are trying to provide as many trans fat-free products as possible. Currently, French fries and many of the dessert or snack items in the Grab n’ Go areas are trans fat-free. The deep frying oil that we currently use does not contain any trans fats either. The UMass Bakery will eliminate trans fats from all the baked goods, meaning you will see less frostings (contains vegetable shortening which has trans fatty acids) on cakes. UMass Dining Services will continue to assist you by providing trans fat-free items in the dining commons as manufacturers provide healthier products to the public.

Your heart health matters! Remember to consume a diet limited in total fat, trans fats, saturated fats, and cholesterol. Consume a diet moderate in sodium. Try to increase consumption of vegetables, fruits, legumes, and whole grains each day.



Did you know?

Hydrogenated means it contains trans fats.

One teaspoon of sugar contains 5 grams of sugar. If you consume a ready to eat cereal with 15 grams of sugar, that means you are eating 3 teaspoons of sugar!

Common Food Label Terms

- Calorie-Free:** Has less than 5 calories per serving.
- Low-Calories:** Has 33% less calories of the original product.
- Fat-Free:** Has less than 0.5 grams per serving. Remember, because a product is fat-free it does not mean it is calorie-free.
- Low-Fat:** Has less than 3 grams of fat per serving. Remember, because a product is low-fat it does not mean it is low-calorie.
- Lower/Reduced Fat:** Has at least 25% less fat per serving than reference food.
- Low Sodium:** Contains less than 140mg sodium per serving.
- No Salt or Salt Free:** Contains less than 5mg sodium per serving.
- Lite:** Has 33% less calories or 50% of the fat found in the original product. Remember, because a product is labeled lite, it does not mean it is low-fat or low-calorie.
- Fortified:** A nutrient has been added that is not naturally found in the food.
- Good Source of Fiber:** Has 2.5 to 4.9 grams per serving.
- High Fiber:** Has more than 5 grams per serving.
- Added Fiber:** Has 2.5 grams or more per serving than reference food.
- Reduced Sugar:** Contains at least 25% less sugar per serving than the reference food.
- Sugar Free:** Contains less than 0.5 gram of sugar per serving.
- No Preservatives:** A product has no preservatives (chemical or natural).
- No Preservatives Added:** A product has no added chemicals to preserve the products. May contain natural preservatives.

UMass Dining Services Mission Statement:

To provide high quality, nutritious, attractively presented food and beverages in an educational environment.



Answers to the Nutrition Label Quiz

- FALSE.** The Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
- TRUE.** The ingredients can also assist you in determining which foods you want to eat more of and which foods you want to avoid. For example: Check out the ingredients in a box of cereal; is there more sugar or complex carbohydrate per serving?
- TRUE.** If you eat more than one serving of a product, then you will need to increase these values by the total number of servings you consume.
- FALSE.** Only a product labeled "100% fruit juice" can claim to be all juice. Read the label carefully to see the percent fruit juice in a fruit drink. Fruit beverages may be fortified with vitamins or calcium, but usually has 10% or less real fruit juice. Sugar is the added sweetener.
- TRUE.** If you increase your serving size, you will increase the calcium based on the number of servings you consume.
- TRUE.** Less than 300mg of cholesterol and less than 2400mg of sodium should be consumed each day despite the number of calories consumed. Refer to the chart.
- TRUE.** Refer to the chart below.

Calories	2000	2500	2800	3500	4000
Total Fat (g)	<65	<80	<95	<120	<135
Saturated Fat (g)	<20	<25	<30	<40	<45
Cholesterol (mg)	<300	<300	<300	<300	<300
Sodium (mg)	<2400	<2400	<2400	<2400	<2400
Total Carbohydrates (g)	<300	<375	<425	<525	<600
Dietary Fiber (g)	<25	<30	<30	<40	<45
Protein (g)	<50	<65	<70	<90	<100
For each of these nutrients, your % Daily Values can add up to	100%	125%	140%	175%	200%

Please note that trans fat and sugar do not have a recommended daily intake, as it should be limited daily.



Winner of eight national awards from National Association of College and University Food Services:

"Outstanding College and University Menu for Residential Dining"
in 2000, 2001, 2002, 2004, 2005

"Most Creative Nutrition Promotion"
2003 "Do You Want to be a Meal-lionaire?"
2004 "Nutrition Jeopardy"



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