Spread the Health
Nutrition Training for Pantries and Meal Sites

The Food Bank
of Western Massachusetts
Fruits and Veggies

• Can be fresh, frozen, or canned
  ▫ In season produce can be cheaper, many Farmer’s Markets accept SNAP, and some have incentives
    ▫ HIP
    ▫ Road-side stands take cash only, but can be cheaper
    ▫ SNAP recipients can use benefits to buy seeds and plants
• If using canned, encourage clients to drain and rinse contents to cut back on added salt and sugar
• Vegetables can easily be added to common dishes to increase nutrition
Whole Grains

- 50% of daily grains should be whole
- 1st ingredient whole grain
- Other examples:
  - Corn meal
  - Popcorn
  - Oats
  - Brown rice
  - Barley

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, ENRICHED BLEACHED FLOUR [WHEAT FLOUR, Malted BARLEY FLOUR, WHEAT STARCH, FERROUS SULFATE (IRON), THIAMINE HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIacin (VITAMIN B3), FOLIC ACID], WATER, SUGAR, WHEAT GLUTEN, YEAST, WHEAT BRAN, MOLASSES, SALT, WHOLE GRAIN OATMEAL, SOYBEAN OIL, RYE FLOUR, MONOGLYCERIDES, SODIUM STEAROYL LACTYlATE, VINEGAR, BARLEY FLAKES, SWEET DAIRY WHEY, CALCIum CARBONATE, CALCIum PROPIONATE (A PERSERVATIVE), CALCIum SULFATE, TRICALCIum PHOSPHATE, ASCORBIC ACID, AZODICARBONAMIDE, CALCIum PEROXIDE, SOY LECITHIN.

Contains wheat, milk and soy ingredients.
Protein

• Most Americans get plenty of protein, but spread it out over the day for best outcomes
  ▫ Encourage protein at breakfast: eggs, nuts, nut butters, cheese, yogurt, cottage cheese

• Some sources are healthier than others
  ▫ Nuts and seeds contain a high amount of fat, but it’s a healthier fat than is found in some meat or processed sources of protein
Protein

- Non-meat protein sources are lower in saturated fat
  - Beans
  - Soy Products (e.g. Tofu)
  - Eggs
- Chicken, tuna, and salmon come canned and are great low-fat, economical protein sources
- Encourage clients to cut back on meat:
  - Meatless Monday Campaign is worldwide!
  - Breakfast for dinner
  - Sustainability factor - be green!
  - Eat meat, but less of it
Dairy

• Any product made from milk is considered a dairy product

• Contains vitamins and minerals that are needed for growth and bone health
  ▫ E.g. Calcium & Vitamin D

• Dairy should be low in fat or have no fat
Dairy Substitutions

- Some people are sensitive/allergic to the lactose in milk products
  - This can make it more difficult to get the nutrients dairy provides such as calcium

- Other products besides dairy that contain calcium:
  - Fortified soy products
  - Nut milks
  - Kale
  - Canned fish
Healthy Eating: getting the word out

- Major take home messages:
  - Half your plate should be fruits and vegetables
  - Grains should be whole grains
  - Dairy should be low fat (skim, 1%, 2% milk)
  - Consider (cheaper) lower-fat and healthier-fat proteins like eggs, beans, and nuts instead of meats
  - Drink water
  - Limit added sugars

"I really regret eating healthy today."
-Said no one ever.
Questions about MyPlate?
Reading Labels, Sugar, & Salt
**Reading the Old Label**

**Serving size** allows you to know how many calories, fat, fiber and other nutrients you are eating at one time. **Calories** measure how much energy you will get from eating a serving of food.

**Total fat, saturated** or **trans fats**, **cholesterol**, or **sodium**: a diet high in these may increase the risk of heart disease and stroke, some cancers, and high blood pressure. Emphasize healthier fats found in olive and canola oils, walnuts, avocado and fish, and limit total fat in the diet.

**Fiber**: A food is a good source of fiber if it has 2.5-4.9 grams (g) of fiber per serving and a high source of fiber if it has 5 g or more. **Vitamins** and **minerals** in foods are also important, helping to maintain the health of your body.

Choose foods with a lower % Daily Value of saturated fat, cholesterol, and sodium (found in the **YELLOW** section)

Choose foods with a higher % Daily Value of fiber, vitamins, and minerals (found in the **GREEN** section)
Reading the New Label

NEW LABEL / WHAT’S DIFFERENT

Servings: larger, bolder type

New: added sugars

Change in nutrients required

Nutrition Facts

- Serving sizes updated
- Calories: larger type
- Updated daily values
- Actual amounts declared
- New footnote

- Serving size 2/3 cup (55g)
- Amount per serving
  - Calories 230
  - % Daily Value*:
    - Total Fat 8g 10%
    - Saturated Fat 1g 5%
    - Trans Fat 0g 0%
    - Cholesterol 0mg 0%
    - Sodium 160mg 7%
    - Total Carbohydrate 37g 13%
    - Dietary Fiber 4g 14%
    - Total Sugars 12g includes 10g Added Sugars 20%
    - Protein 3g

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
## Reading Labels

### Nutrition Facts

**Serving Size:** 2/3 cup (55g)  
**Servings Per Container:** About 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 230</th>
<th>Calories from Fat: 72</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>8g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>160mg</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>37g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10g</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>8g</td>
<td>8%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20g</td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td>45g</td>
<td>45%</td>
</tr>
</tbody>
</table>

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

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<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*
Reading a label

- Snack foods and cereal boxes often contain a ‘cheat sheet’ on the front. Encourage clients to look for this as an easy way to get an idea of what you’re eating.
Reading a label

Ingredients: Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, hydrogenated soybean oil and/or palm oil), and contains 2% or less of: seasoning (spinach powder, onion powder, spice, salt, garlic powder, soybean oil, artificial flavor [FD&C yellow #5 lake, FD&C blue #1 lake], natural and artificial flavor, silicon dioxide), salt, sugar, leavening (sodium bicarbonate, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), preservatives (calcium propionate, sorbic acid and/or citric acid), distilled monoglycerides, enzymes, wheat starch, calcium carbonate, antioxidants (tocopherols, ascorbic acid), cellulose gum, dough conditioners (fumaric acid, sodium metabisulfite and/or mono- and diglycerides).

Contains: Wheat

Ingredients: Whole corn, vegetable oil (sunflower, canola, and/or corn oil), maltodextrin (made from corn), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), whey, monosodium glutamate, buttermilk, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, corn flour, natural and artificial flavor, dextrose, tomato powder, lactose, spices, artificial color (including yellow 5, yellow 6, and red 40), lactic acid, citric acid, sugar, garlic powder, skim milk, red and green bell pepper powder, disodium inosinate, and disodium guanylate.

Contains milk ingredients.
Reading a Label: Allergies

• Take allergies seriously!
• Most common food allergies are:
  ▫ Eggs
  ▫ Milk
  ▫ Nuts from trees
  ▫ Peanuts
  ▫ Fish
  ▫ Shellfish
  ▫ Soy
  ▫ Wheat
Sugar

- Most added sugar comes from:
  - Drinks
  - Desserts
  - Snack foods
  - Cereals
- Has addictive properties
- Implicated in diabetes, heart disease, obesity, and more
Sugar

- Read the label!
  - Ingredients are ordered according to weight. Food contains largest amounts of the first few ingredients.
- Limit added sugars to no more than 10 percent of their daily calorie needs. That's about 12 teaspoons (48 grams of sugar) on a 2,000-calorie diet). One 12 oz can of Coke contains about 10 tsp.

- “Sugar”: fructose, honey, molasses, agave syrup, barley malt, beet sugar, brown rice syrup, cane crystals, cane sugar, coconut palm sugar, corn syrup, dextrin, dextrose, fruit juice concentrate, glucose, high-fructose corn syrup, lactose, maltodextrin, malt syrup, maltose, rice syrup, saccharose, sorghum, xylose...
  - Watch out for “-ose” words
Sugar

Kellogg’s Smart Start Healthy Heart

What sugars can you identify?
Sugar

Kellogg’s Smart Start Healthy Heart

• Remember: there are four grams of sugar in one teaspoon!
Sugar

- Snack and cereal products advertised as ‘healthy’ often have a lot of added sugars!
Sugar

- Encourage clients to mix cereals if they don’t want to make the switch to low-sugar ones
  - Add fresh or dried fruit to add sweetness

Plain Cheerios

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td>Serving Size: 1 cup (28g)</td>
</tr>
<tr>
<td>Calories: 100</td>
</tr>
<tr>
<td>Calories from Fat: 15</td>
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<tr>
<td>Total Fat: 2g</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat: 0.5g</td>
</tr>
<tr>
<td>Monounsaturated Fat: 0.5g</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
</tr>
<tr>
<td>Sodium: 160mg</td>
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<tr>
<td>Total Carbohydrate: 20g</td>
</tr>
<tr>
<td>Dietary Fiber: 3g</td>
</tr>
<tr>
<td>Soluble Fiber: 1g</td>
</tr>
<tr>
<td>Sugars: 1g</td>
</tr>
<tr>
<td>Protein: 3g</td>
</tr>
</tbody>
</table>

Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.
Sugar

• **The good, the bad, the ugly**
  ▫ Can help people cut back on calories from sugar
  ▫ Helpful tool for diabetics
  ▫ Some have been linked to negative health outcomes, but studies are mostly inconclusive
  ▫ Probably best to use in moderation
  ▫ Sweeteners like honey, agave, and maple syrup are still sugar!
Sodium

- 1,500 – 2,300 mg recommended maximum/day
- Focus on fresh foods
  - Processed foods typically have more salt
- Watch for sodium in breads and rolls
- Cook more often at home
  - Limit added salt in recipes
  - Use more herbs and spices such as garlic
Salt

**BREADS & ROLLS**
Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

**COLD CUTS & CURED MEATS**
One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium variants of your favorite lunch meats.

**PIZZA**
A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

**POULTRY**
Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

**SOUP**
Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

**SANDWICHES**
A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.
Questions about Nutrition Labels
Sugar, or Salt?
HEALTHY EATING
Healthy Eating for Weight Loss

- Energy expenditure
  - Resting Metabolism
  - Activity
  - Exercise

- Energy intake
  - Food and Drinks (consumed calories)

Energy Balance
Healthy Eating for Weight Loss

**Portion Distortion**

<table>
<thead>
<tr>
<th>20 YEARS AGO</th>
<th>TODAY</th>
<th>DIFFERENCE</th>
</tr>
</thead>
</table>
| Healthy Eating for 1 HOUR AND 30 MINUTES burns approximately 257 calories*  
333 Calories | Coffee, 8 oz (with whole milk and sugar)  
590 Calories | 45 Calories | 305 MORE CALORIES |
| Playing golf (while walking and carrying your clubs) for 1 HOUR burns approximately 350 calories*  
500 Calories | Mocha Coffee, 16 oz (with steamed whole milk and mocha syrup)  
850 Calories | 350 Calories | 290 MORE CALORIES |
| Housecleaning for 2 HOURS AND 35 MINUTES burns approximately 525 calories*  
1 cup spaghetti with sauce and 3 small meatballs  
500 Calories | Washing a car for 1 HOUR AND 15 MINUTES burns approximately 220 calories*  
1,025 Calories | 55 Calories | 220 MORE CALORIES |

*Based on 130-pound person

*Based on 160-pound person
Healthy Eating for Weight Loss

- Read the label—are you eating one serving?
- Are you eating enough fruits and vegetables?

Know Your Serving Sizes

Recommended Daily Servings based on 2,000 calories a day:

<table>
<thead>
<tr>
<th>Fruits &amp; Veggies</th>
<th>7-10 servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 fruit or veggie</td>
<td></td>
</tr>
<tr>
<td>1/2 cup canned fruit</td>
<td></td>
</tr>
<tr>
<td>1 cup of salad</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grain Products</th>
<th>5-7 servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup of pasta or cereal</td>
<td></td>
</tr>
<tr>
<td>1 slice of whole wheat bread</td>
<td></td>
</tr>
<tr>
<td>1 cup whole wheat flakes</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meat &amp; Protein</th>
<th>2-3 servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 chicken breast</td>
<td></td>
</tr>
<tr>
<td>2 small eggs or 1 large egg</td>
<td></td>
</tr>
<tr>
<td>1/2 cup cooked beans</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Milk &amp; Dairy</th>
<th>2-3 servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup of yogurt</td>
<td></td>
</tr>
<tr>
<td>1 ounce of cheese</td>
<td></td>
</tr>
<tr>
<td>1 cup of milk</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fats &amp; Oils</th>
<th>2-3 tablespoons per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tsp soft margarine</td>
<td></td>
</tr>
<tr>
<td>2 tbsp peanut butter</td>
<td></td>
</tr>
</tbody>
</table>
Healthy Eating for Seniors

Common Issues

- Not used to cooking and shopping for one or two
- Fixed income
- Decreased appetite
- Weight gain due to decreased metabolism and physical activity
- Weight loss
- Chronic diseases
- Difficulty preparing meals due to limited mobility
- Eating alone
- Chewing Difficulties

Potential solutions

- Cook in bigger batches, then freeze leftovers in portion-sized containers
- Stay physically active as much as possible
- Limit sodium
  - Cut back on prepared foods
  - Use other spices
  - Try to avoid getting more than 400 mg of sodium in a single meal
- Share a meal with a friend
Healthy Eating for Diabetics

• Follow MyPlate Guidelines

• Emphasize:
  ▫ Eating whole grains
  ▫ Increasing fruit and vegetable consumption
  ▫ Reducing sugary beverage intake

• Recommend health provider to refer them to a Registered Dietitian if not sure what to eat
  ▫ Covered by Medicare, MassHealth, and all other health plans
Questions about Healthy Eating?
Healthy Eating on a Budget
Healthy Eating on a Budget

- Key: meal planning and grocery lists
Healthy Eating on a Budget

- Encourage clients to look for coupons in newspapers and online
- Shop around the perimeter
- Go with list, and don’t shop hungry
- Plan for leftovers—make big batches and incorporate leftovers into other meals
Healthy Eating on a Budget: Stocking a Pantry

- **Grains**
  - Rice (brown)
  - Pasta (whole wheat)
  - Tortillas (whole wheat or corn)
  - Barley
  - Popcorn kernels
  - Oats

- **Proteins**
  - Beans - canned or dried
  - Nuts and nut butters
  - Powdered eggs
  - Canned tuna, salmon, or chicken, sardines, mackerel

- **Fruits and Vegetables**
  - Canned fruits with no sugar added
  - Canned vegetables with low sodium
  - Dried fruit

- **Other**
  - Vinegars and oils
  - Dried herbs and spices
  - Baking supplies like flour, sugar, cornmeal, baking soda, etc.
  - Soup stock
  - Bread crumbs
The Guidelines

1. Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

2. Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

3. Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

4. Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

5. Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.