



NUTRITION

This section offers general nutrition information based on the Dietary Guidelines for Americans.

For recommendations specific to age, sex, and activity level, visit www.ChooseMyPlate.gov. The site includes tip sheets, food tracking tools, sample menus, recipes, and videos.

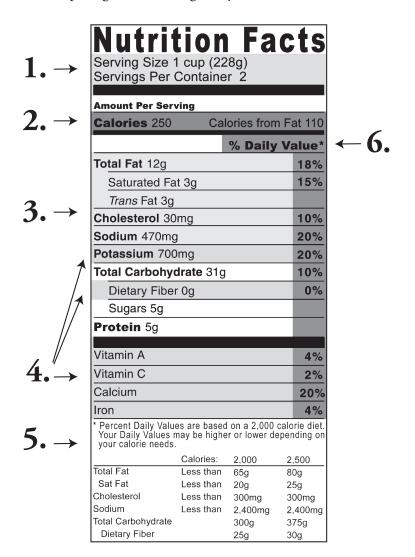
Dietary Guidelines—Balancing Calories

- Enjoy your food and eat less to manage body weight.
- Watch portion sizes when choosing foods.
- Cook more often at home you can control what is in your food.
- Increase activity and reduce sedentary time (watching TV, sitting at computer). Choose activities you like and do what you can, at least 10 minutes at a time.
- Prevent and/or reduce overweight and obesity by eating better and being more active at any age.

A healthy lifestyle means balancing food choices with daily activity. Food provides energy in the form of calories. Physical activity uses energy or calories.

The Nutrition Facts Label

The Nutrition Facts label is a key tool to choose foods with the most nutrition. The label provides information on nutrients to increase and those to decrease. This cookbook includes Nutrition Facts for each recipe. Understanding labels can help with comparing foods at the grocery store.



- 1. Start Here: Serving sizes are standardized and listed in familiar units, such as cups or pieces, followed by a metric amount, e.g., grams. Notice how many servings are in the food package. In the sample, one serving equals one cup. If you ate the whole package, that is two cups. That doubles the calories and other nutrient numbers, including the %Daily Values.
- 2. Check Calories: Calories measure the energy from food. Many Americans eat more calories than they need. The number of servings you consume determines the number of calories you get (your portion amount). In the sample, there are 250 calories in one serving. There are 110 calories from fat, or almost half the calories in a single serving come from fat. If you ate the whole package, that is two servings, or 500 calories, and 220 are from fat.

General guide to calories:

40 is low

100 is moderate

400 or more is high

- 3. *Limit these Nutrients:* The nutrients listed first are the ones Americans generally eat enough of, or even too much. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.
- 4. Get Enough of these Nutrients: Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these can improve health and help reduce the risk of some diseases and conditions.

The Nutrition Facts Label, continued

5. The Footnote: The * (asterisk) after the heading "%Daily Value" refers to the Footnote at the bottom. It says, "%DVs are based on a 2,000 calorie diet." This must be on all food labels. A partial footnote may be on small packages. The full footnote is always the same. It shows dietary advice for all Americans—it is not about a specific food product.

Nutrients with upper limits are listed first. Stay below or eat less than the amount listed. The DV for carbohydrates is 300 mg, or what is recommended for a balanced diet. Dietary fiber is listed as 25g is a lower limit, so you need at least that amount.

6. *Daily Value*, *DV*: The % Daily Values are based on 2,000 calories each day with 100% being the daily allowance (upper or lower).

Quick guide to DV's:

5% DV or less is low

20% DV or more is high

Primary nutrients by food group:

Fruit group and Vegetable group: fiber, potassium, folate, iron, vitamin C, vitamin K

Grain group: carbohydrates, fiber, iron, magnesium, selenium, thiamin (B1), riboflavin (B2), folate, niacin

Dairy group: calcium, vitamin A, vitamin D, potassium, protein

Protein group: protein, iron, magnesium, zinc, niacin, thiamin (B1), riboflavin (B2), pyridoxine (B6), vitamin E, omega-3 fatty acids

Age	Fruits (in cups)	Vegetables (in cups)	Total (in cups)
Children ages 2 to 14 years	1 - 1½	1 - 2½	2 to 4
Children ages 15+ and adults	1½ - 2	2 - 3	3½ - 5

The following is a list of what counts as one cup of fruit or vegetable:

- 1 cup chopped, sliced, mashed or diced; raw or cooked
- 1 whole piece (large orange, medium carrot, small apple)
- 32 grapes or 8 large strawberries
- 2 cups leafy salad greens
- 1 cup 100% juice, limit fruit juice to half or less of the daily fruit intake
- ½ cup dried (raisins, prunes, apricots)

Nutrients

Fruits and vegetables are sources of many essential nutrients that we don't eat enough of, including fiber, potassium, vitamin A, vitamin C, and folate (folic acid).

Dietary fiber helps reduce blood cholesterol levels and may lower risk of heart disease. It is important for proper bowel function. Each day, women need 25 grams of dietary fiber and men need 38 grams. Fiber-containing foods help provide a feeling of fullness with fewer calories. Whole or cut-up fruits and vegetables are sources of dietary fiber; juices contain less or no fiber. The following table shows fiber in different forms of an apple:

Western Vegetable Salad

1 15-ounce can whole kernel corn, drained or 2 cups frozen corn

2 cups cooked black beans (page 434-435) or 1 15-ounce can; rinsed and drained

1 bell pepper, minced

34 cup minced onion

1 medium tomato, chopped

1 clove garlic (¼ teaspoon powder or ½ teaspoon minced)

Nutrition Facts				
Serving Size 1/2 cup (110.09g) Servings Per Container 10				
Amount Per Serving				
Calories 110 Calories from Fa	at 20			
% Daily	Value*			
Total Fat 2g	3%			
Saturated Fat 0g	2%			
Trans Fat 0g				
Cholesterol Omg	0%			
Sodium 140mg	6%			
Total Carbohydrate 18g	6%			
Dietary Fiber 4g	17%			
Sugars 3g				
Protein 4g	9%			
Vitamin A 4% • Vitamin C	8%			
Calcium 0% • Iron 6%				
* Percent Daily Values are based on a 2,000 calorie diet.				

Dressing:

1/4 cup Italian dressing

½ teaspoon chili powder

1 Tablespoon lemon or lime juice

1 Tablespoon chopped cilantro or 1 teaspoon dried cilantro (optional)

34 teaspoon hot pepper sauce (optional)

- 1. Drain corn and beans and place in a large bowl.
- 2. Chop bell pepper, onion, garlic, and tomato and add to the bean and corn mixture.
- Mix dressing ingredients. Pour dressing over the salad.
- 4. Cover the bowl. Refrigerate for at least 6 hours or overnight.

Makes 10 servings.



Add *CNP Vegetable Mix* (page 167), extra zucchini or avocado.



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