



# Fresh Off The Press

## August 2016

### Good Nutrition is Our Mission!

As summer draws to a close, and those busy school schedules start lining up, there never seems to be enough time to snack smart. Making sure you snack on nutritious foods will help you feel full of energy and keep your mind alert for longer periods of time. A good snacking “Rule of Thumb” is to choose snacks that are 150-200 calories, about 3 grams of fiber, 5 grams of protein, and no more than 12 grams of fat. Its best to limit foods with a lot of added sugars like candy or sodas. Here are some ways to make healthier snacking a part of your daily routine:



- ◆ Try to prepare healthy snacks in advance: Cutting up fresh fruit or portioning up a few bags of almonds or walnuts will cut the temptation to over eat when you are hungry and provide you with easy grab and go snacks.
- ◆ Make snacks fun: Choose items that may not typically go together to change up your snack ideas.
- ◆ Satisfy cravings with healthier approaches: If you crave certain food items, try substituting it with a healthier option. If you love ice cream, try nonfat yogurt or a smoothie to fill your craving.
- ◆ Knowing how to read serving size information: Knowing how to read a nutrition label is key to knowing how many calories, carbohydrates, and fat you are taking in per serving.



Here are some snack ideas to help get you started to snack smart:

- ◆ Whole Wheat Crackers and Peanut Butter
- ◆ Grapes and Low Fat Cheese Cubes
- ◆ Low Fat Yogurt and Mixed Berries
- ◆ A Handful of Walnuts or Almonds
- ◆ Mixed Fruit Cup
- ◆ Fresh Fruit Smoothie
- ◆ Carrot Sticks and Hummus

### Healthier Choices Make a Healthier You!

#### Tip # 1: Get Real with Your Food

Real Food is defined as food in its most natural state. Try choosing a variety of fresh fruits and vegetables, 100% whole grain or whole wheat products, unsweetened dairy products, and snacks like dried fruits, seeds or unsalted nuts. Try to reduce your intake of refined grains (White flour or rice, refined sweetener (sugar, corn syrup, or artificial), deep fried, or fast foods.



**Fresh Food Factor** was created by Volunteers of America Greater New Orleans in May 2013. Our vision is to provide each and every child with access to healthy and nutrient based meals each day. We provide a variety of local, healthy, and affordable meal services and we are proud to serve your child this upcoming school year!

# What's New with the Nutrition Label?

The nutrition label has taken on an updated look recently. Many important changes have occurred to allow consumers to have the best chance to make the right choices when it comes to buying and consuming foods. Some of the changes are:

- ◆ The “calories,” “servings per container,” and the “serving size” declaration size have all increased.
- ◆ The number of “calories” and the “serving size” declaration have also been bolded so that consumers can recognize them better.
- ◆ “Added sugars” in grams and as percent daily value will be included on the new label.
- ◆ The percent daily value of vitamin D, calcium, iron and potassium must now be declared on the label.
- ◆ The footnote will also be changing. It will be more consumer friendly by describing how much of a nutrient is in a serving or food.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<hr/>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<hr/>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<hr/>	
<small>* 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.</small>	

**Servings: larger, bolder type**

**Calories: larger type**

**Updated daily values**

**Actual amounts declared**

**New footnote**

**Change in nutrients required**

**New: added sugars**

## No Pain, No Gain!

Balancing healthy eating with physical activity is very important in keeping a healthy lifestyle.

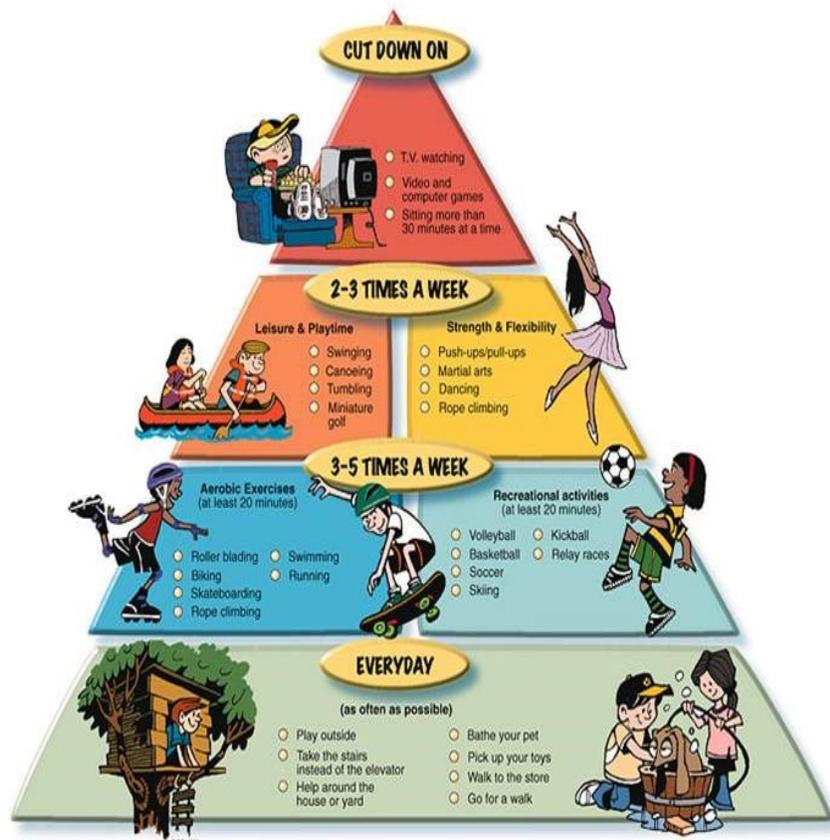
When kids exercise at least 60 minutes a day, they:

- ◆ Have stronger muscles and bones
- ◆ Have a leaner body with less body fat
- ◆ Are less likely to become overweight
- ◆ Decrease the risk of developing type 2 diabetes
- ◆ Sleep better
- ◆ Have a better outlook on life

Staying active also involves incorporating the three elements of fitness. They are:

- ◆ **Endurance:** Aerobic activities, like running, basketball, or swimming
- ◆ **Strength:** Like push ups or climbing
- ◆ **Flexibility:** Like stretching or doing cart-wheels

Encouraging children to do a variety of activities allows them to incorporate all three elements of fitness into their lifestyle and allows their physical activities to be more fun!



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