

Sugar Facts

One teaspoon of sugar =
4 grams = 16 calories

Based on a 2000 calorie diet, USDA* advises a 40-gram, or 10 teaspoon, limit of added sugars per day.

One can of soda = 10 teaspoons of sugar, or the USDA limit of added sugar for one day.



Empty calories are found in products that provide no nutritional value, just calories. Examples include soda and bubblegum.

Food labels do not distinguish between a food's natural sugars and those added during processing.

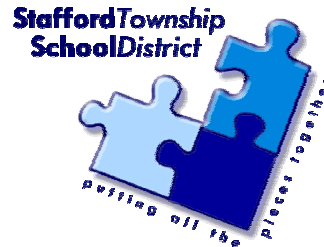
3 cans of soda add up to about 450 calories. Drinking that many every day for a year can result in a 40-50 pound weight gain.

Beware of products that offer sugar or its derivatives as one of the top three ingredients.

*United States Department of Agriculture

The following foods are considered by the USDA* as "Foods of Minimal Nutritional Value":

- Soda
- Water Ice, unless it contains fruit or fruit juices
- Chewing Gum
- Hard Candy
- Jellies and Gums, such as gum drops, jelly beans, jellied and fruit-flavored slices
- Marshmallow candies
- Fondant, includes such foods as candy corn and soft mints
- Licorice
- Spun candy
- Candy coated popcorn



For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276
Ocean Acres x1113
Oxycocus x1073
McKinley Avenue x1140
Intermediate x1074
District Nurse Coordinator x 1205

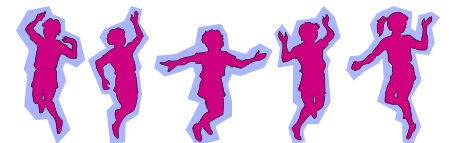


Wellness Series

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LABEL READING

Your guide to
Reading the
Nutrition Facts
Accurately





Label Language

Serving Size

The first place to start when you look at the Nutrition Facts panel is the serving size and the number of servings in the package. Serving sizes are based on the amount of food people typically eat, which makes them realistic and easy to compare to similar foods. Pay attention to the serving size, including how many servings per package and compare it to how much *you actually eat*. Is your serving the same size as the one on the label? If you eat double the serving size listed (which could be one container), you need to double the nutrient and calorie values.

Calories

Calories measure the energy supplied from food. Eating too many calories per day is linked to overweight and obesity. Did you know that just 100 extra calories per day equals 10 pounds of weight gain per year?

Be sure to limit

- *Total Fat* Most people need to cut back on fat. Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat.
- *Saturated Fat* A new kind of fat? No, Saturated Fat is part of the total fat in food.
- *Trans Fat* This is made from partially hydrogenated vegetable oil, such as margarine, vegetable shortening and many processed foods.
- *Cholesterol* is only found in animal products.
- *Sodium* You call it “Salt” the label calls it “Sodium”.

Be sure to get enough

- *Dietary Fiber* Although in your grandmother’s day, they may have called it “roughage”, her advice to eat more of it is still up to date.
- *Protein* Most Americans get more protein than they need. Where there is animal protein, there is also fat and cholesterol.

- *Vitamins and Minerals* Your goal is 100% of each for the day. Make sure you get a variety of vitamins and minerals for a balanced diet.

%DV= Percent Daily Value

The percent daily value listing on food labels helps you see how a food fits into a 2000 calorie reference diet. It tells you if a food contains a little (less than 5%) or a lot (over 20%) of a nutrient. The overall goal is to attain 100% of your daily value throughout the day by eating a variety of foods. Pay careful attention to the footnote * used after the heading “%Daily Value”. The full footnote may not appear on all labels if the size of the label is too small, resulting in incomplete information.

Read the Label!

To determine if a food or beverage is a healthy choice, use the Nutrition Facts label on the package.