

Healthy Eating:

Putting the Plan Into
Action

Healthy Food Choices



Healthy Food Choices



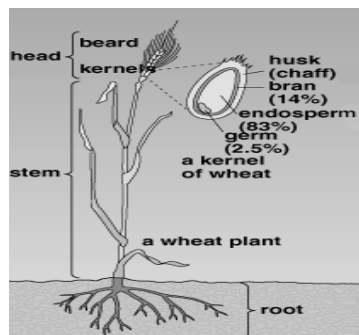
Healthy Food Choices

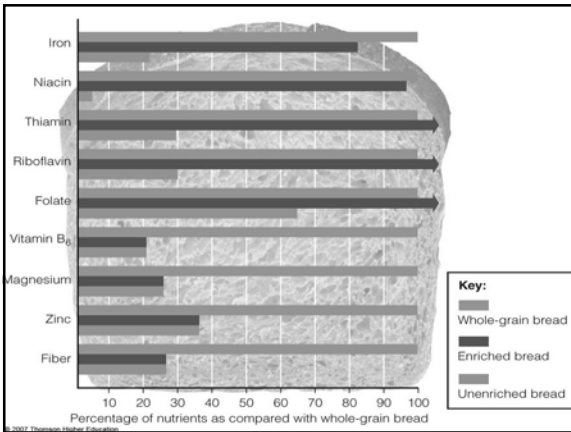


Getting the Most from Grains

- Whole grain products are not refined – they are made from “whole” grains
- Refined grains lose nutrients during processing.
- Enriched foods have nutrients added back including iron, thiamin, riboflavin, niacin, and folate.

A Wheat Plant





Getting the Most from Vegetables

- Choose fresh vegetables often.
- Dark green leafy and yellow-orange vegetables are important.
- Good sources of vitamins, minerals, and fiber

EAT 5 to 9 A DAY
for better health

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Getting the Most from Fruits

- Choose citrus and yellow-orange fruits.
- Provides vitamins, minerals, fibers and phytochemicals
- Fruit juices lack fiber but are healthy beverages.
- Watch energy intakes and fruit “drinks.”

Getting the Most from Meats

- Provides minerals, protein and B vitamins
- Choose lean cuts.
- Textured vegetable protein is a processed soybean protein and can be used in recipes.

Getting the Most from Dairy

- Dairy foods are often fortified with vitamins A and D.
- Many lower fat dairy products are available including fat-free, non-fat, skim, zero-fat, no-fat, low-fat, reduced-fat, and less-fat milk.

Reading a Food Label – What Can You Learn?



The name and address of the manufacturer, packer, or distributor

The common or usual product name

Approved nutrient claims if the product meets specified criteria

The net contents in weight, measure, or count

Approved health claims stated in terms of the total diet

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Fig. 2-8a, p. 54

Nutrition Facts
Serving size 3/4 cup (19g)
Servings per container 14

Amount per serving
Calories 110 Calories from fat 30

Total Fat	1 g	2%
Saturated fat	0 g	0%
Trans fat	0 g	
Cholesterol	0 mg	0%
Sodium	250 mg	10%
Total Carbohydrate	23 g	8%
Dietary fiber	1.5 g	6%
Sugars	10 g	
Protein	3 g	

Percent Daily Values are based on a diet of other people's misdeeds.

Daily Values reminder for selected nutrients for a 2000- and a 2500-kcalorie diet

kCalorie per gram reminder

The ingredients in descending order of predominance by weight

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Fig. 2-8b, p. 54

TABLE 2-9 Daily Values for Food Labels

Food labels must present the "% Daily Value" for these nutrients.

Food Component	Daily Value	Calculation Factors
Fat	65 g	30% of kcalories
Saturated fat	20 g	10% of kcalories
Cholesterol	300 mg	—
Carbohydrate (total)	300 g	60% of kcalories
Fiber	25 g	11.5 g per 1000 kcalories
Protein	50 g	10% of kcalories
Sodium	2400 mg	—
Potassium	3500 mg	—
Vitamin C	60 mg	—
Vitamin A	1500 µg	—
Calcium	1000 mg	—
Iron	18 mg	—

NOTE: Daily Values were established for adults and children over 4 years old. The values for energy-yielding nutrients are based on 2000 kcalories a day. For fiber, the Daily Value was rounded up from 23.

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Food Labels

- Nutrient claims
- Health claims
- Structure-function claims

Food Label Health Claims—The "A" List
<ul style="list-style-type: none"> • Calcium and reduced risk of osteoporosis • Sodium and reduced risk of hypertension • Dietary saturated fat and cholesterol and reduced risk of coronary heart disease • Dietary fat and reduced risk of cancer • Fiber-containing grain products, fruits, and vegetables and reduced risk of cancer • Fruits, vegetables, and grain products that contain fiber, particularly soluble fiber, and reduced risk of coronary heart disease • Fruits and vegetables and reduced risk of cancer • Folate and reduced risk of neural tube defects • Sugar alcohols and reduced risk of tooth decay • Soluble fiber from whole oats and from psyllium seed husk and reduced risk of heart disease • Soy protein and reduced risk of heart disease • Whole grains and reduced risk of heart disease and certain cancers • Plant sterol and plant stanol esters and heart disease • Potassium and reduced risk of hypertension and stroke

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TABLE 2-8 The FDA's Health Claims Report Card	
Grade	Level of Confidence in Health Claim
A	High: Significant scientific agreement
B	Moderate: Evidence is supportive, but not conclusive
C	Low: Evidence is limited and not conclusive
D	Very low: Little scientific evidence supporting this claim

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Required Label Disclaimers

These health claims do not require disclaimers; see Table 2-7 for examples. "[Health claim.] Although there is scientific evidence supporting this claim, the evidence is not conclusive."

"Some scientific evidence suggests [health claim]. However, FDA has determined that this evidence is limited and not conclusive."

"Very limited and preliminary scientific research suggests [health claim]. FDA concludes that there is little scientific evidence supporting this claim."

TABLE 2-12 Examples of Structure-Function Claims	
<ul style="list-style-type: none"> • Builds strong bones • Promotes relaxation • Improves memory • Boosts the immune system • Supports heart health 	<ul style="list-style-type: none"> • Defends your health • Slows aging • Guards against colds • Lifts your spirits

NOTE: Structure-function claims cannot make statements about diseases. See Table 2-10 on p. 59 for examples of health claims.

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