Healthy Eating:

Putting the Plan Into Action

Healthy Food Choices

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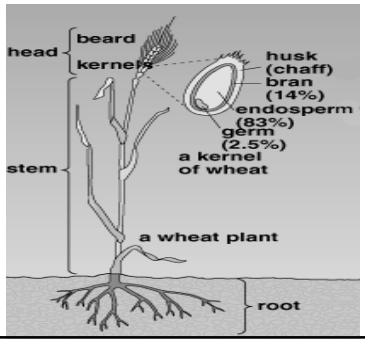
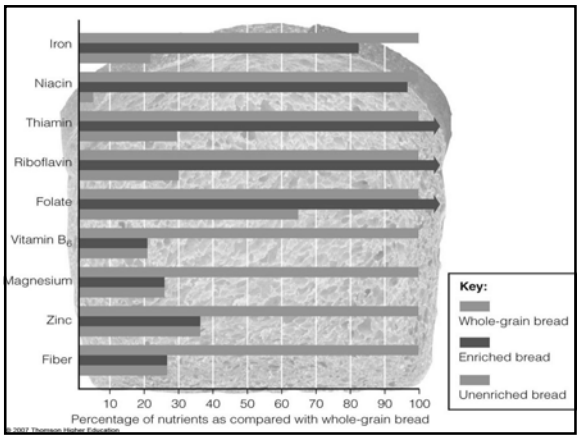
Getting the Most from Grains

- 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

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?

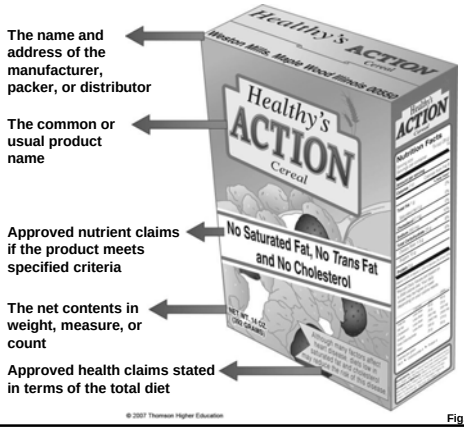


Fig. 2-8a, p. 54

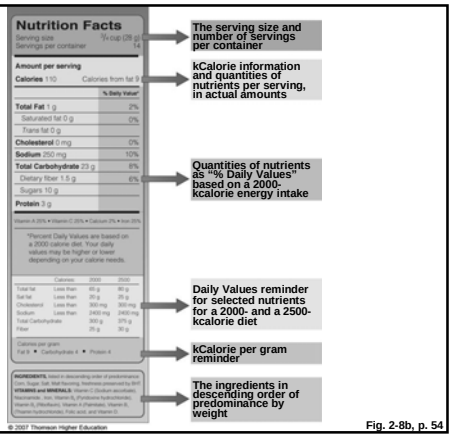


Fig. 2-8b, p. 54

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.

Table 2-9, p. 56

Food Labels

- Nutrient claims
- Health claims
- Structure-function claims

Food Label Health Claims—The "A" List

- 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

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

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

- Builds strong bones
- Promotes relaxation
- Improves memory
- Boosts the immune system
- Supports heart health
- 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.

Table 2-12, p. 60