



Right Bite!

A Newsletter for Healthy Eating

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Read it Before You Eat it!

How do you make healthy choices when your grocery store offers thousands of foods? The food label can help you. It's easy to use, even when you are in a hurry!

Nutrition Facts on food labels tell you what the calories and nutrients are in one serving of the food inside the package. Food labels are printed on the outside of the package and are usually easy to find. Nutrition information for fresh foods is usually displayed in the grocery store near fresh fruits & vegetables, meat, poultry and fish.

1. Start Here



2. Check calories

3. Limit these Nutrients

4. Get enough of these nutrients

5. Footnote

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories From Fat 110	
		% Daily value*	
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

6. Quick guide to % DV

5% or less is low

20% or more is high

Right Bite Recipe

Crispy Skin-On Oven Fries

Ingredients:

3 medium baking potatoes
¼ teaspoon salt
¼ teaspoon paprika
¼ teaspoon garlic powder
¼ teaspoon black pepper
Vegetable oil spray



Directions:

1. Preheat oven to 450 degrees.
2. Scrub potatoes and pat dry. Cut each potato into 8 wedges. Arrange in a single layer, skin side down, on a baking sheet.
3. Stir the rest of the ingredients together in a small bowl (except oil).
4. Spray potatoes lightly with vegetable oil and sprinkle with salt mixture.
5. Bake, uncovered for 20 minutes or until potatoes are tender and skin is crisp.

Why use Nutrition Facts on food labels?

- ▶ The Percent Daily Values (% DV's) can help you compare nutrients in similar foods by using the "5-20" guide.
- ▶ 5% DV or less is low: For nutrients you want to get less of (saturated fat, total fat, cholesterol and sodium), try to choose foods with a low % DV.
- ▶ 20% DV or more is high: For nutrients you want to get more of (calcium, fiber, iron, and vitamins A and C), try to choose foods with a high % DV.
- ▶ The goal is to choose foods that together give you about 100% a day. For nutrients that most of us need to get more of, the goal should be **at least** 100%. For nutrients that most of us need to eat less of, the goal should be to eat **no more than** 100%.

Food Safety Corner



Safe food handling can help prevent foodborne illness (food poisoning)

- Check the "Sell By" and "Use By" dates on dairy products, eggs, cereals and canned foods. Choose the freshest items.
 - Check packaging dates and "Use By" dates on fresh meats, poultry and seafood. Do not buy if they are outdated.
 - It is best not to use dented cans, but if you do use them, be sure that there are no leaks or damaged seams. Cracked or bulging cans should **always** be thrown out!
 - Do not buy foods in torn or cut packages, boxes or bags.
 - Wash tops of canned foods before opening. Clean the can opener after each use.
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Fact-O-Matic

According to the Percent Daily Values on a food label, you should try to get 20% or more of the nutrients listed. Can you find them in the puzzle below?

- ↗ fiber
- ↗ vitamin A
- ↗ vitamin C
- ↗ calcium
- ↗ iron

F	A	K	V	T	M	L	P	W	B	A	N
I	N	H	V	N	U	O	V	V	L	F	Q
B	T	O	Z	L	I	P	W	W	K	I	G
E	L	B	R	R	R	W	B	V	I	Y	O
R	J	A	O	O	M	V	I	F	M	I	J
S	Q	N	N	X	V	T	Q	E	U	G	C
J	A	P	U	I	A	P	M	Q	I	Z	A
T	C	R	V	M	M	A	W	R	C	O	B
Q	G	F	I	D	H	A	S	M	L	B	B
I	Z	N	Y	I	K	X	T	K	A	A	D
J	C	E	J	U	C	I	Q	I	C	Y	I
P	F	W	O	F	O	U	R	A	V	D	U



**Cooperative Extension Service
P.O. 391
Little Rock, AR 72203**

For more information about food, nutrition, or health, contact your local County Extension Office.



Comparing Costs Can Save You Money!

Compare:

- Prices of different brands.
- Cost of frozen, canned, fresh, and dried items of the same food.
- Number of servings in each food package.
- Prices at different stores.
- Prices of similar foods, like fresh peaches and pears.
- The cost of convenience foods verses the cost of making them from scratch.