



AUGUST 13, 2008  
WEEK ELEVEN  
FAIRFIELD

# Health *focus*

## How to Read the Nutrition Facts Label

The serving size is the first thing you should look for on the Nutrition Facts label. Notice that sometimes a package is more than 1 serving. You can multiply the nutritional information by the number of servings to find out info for the whole package.

Most Americans get more than enough fat, cholesterol, and sodium in their diets, thus these nutrients should be limited.

Try to eat foods with more fiber and vitamins. These are important to a healthy diet.

Here are some nutrition recommendations based on 2,000 and 2,500 calorie diets. It can help guide you on how much you should be eating.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 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
Sat 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

The Percent Daily Value are recommendations for certain **nutrients based on a 2,000 calorie diet**. If you eat more or fewer calories, these percentages would change. Even if you don't eat a 2000 calorie diet, or don't know how many calories you eat in a day, this can be used as a frame of reference for the nutritional qualities of a particular food.

Sugars include both naturally occurring sugar and added sugar. You'll have to look at the ingredients list to know. The following are some ways sugars may be listed: corn syrup, high fructose corn syrup, honey, evaporated cane juice, sucrose, maltose, dextrose, maple syrup, and fruit juice concentrate.

### TRIVIA

#### So You Think You Know About the Bay Area?



**Question:** Fairfield is home to the Jelly Belly factory. How many days does it take to make a Jelly Belly jellybean?

**Answer:** About 7 days

The Jelly Belly Factory in Fairfield has free, 40 minute tours every day, except holidays. You don't have to make a reservation, but you may have to wait in line. It's a popular spot for kids and sweet-tooths alike!

Call 1-800 -9 JELLYBEAN or visit [www.jellybelly.com](http://www.jellybelly.com) for more information.

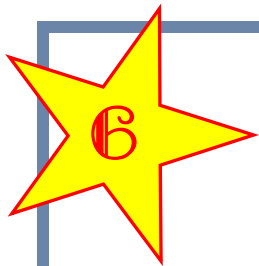
**Question:** Antioch ships more of what vegetable than any other town in the world?

Email your answer to: [pmielbeck@uhs.berkeley.edu](mailto:pmielbeck@uhs.berkeley.edu) and get entered into the prize drawing. Good luck!

## Announcements



- ◆ Barbara Shayesteh won the third trivia drawing. There is still one more trivia drawing so email in your answers!
- ◆ **Dancing for Fitness** on August 19 at noon. Location: 234 Hearst Gymnasium. Check out the Health\*Matters website for fall times and locations.



# Nutrition Challenge: Sugar-Free Drinks

*Don't drink any beverages with added sugar*



Drinks with added sugars can add unwanted calories without making you feel full. Look at the ingredients list and/or the Nutrition Facts label to determine the amount of sugar in a beverage.

Use the chart below to help calculate how much sugar is in some of your favorite drinks. The g of sugar per serving and # of servings can be found on the Nutrition Label. Multiply those two numbers together to get the total grams of sugar in the package. If you multiply that number by 3.75 you can find out about how many of the item's calories are from sugar.

Drink	g sugar/ serving	X	# of servings	=	Total g of sugar	X 3.75	Total Calories from Sugar
20oz bottle of Coke	22	X	2.5	=	55	X 3.75	206.25
32 oz Gatorade Lemonade	14	X	4	=	56	X 3.75	210
		X		=		X 3.75	
		X		=		X 3.75	
		X		=		X 3.75	
		X		=		X 3.75	

## Healthy Recipe of the Week

### Baked Oatmeal

From Leah Saywer

Let's all thank Leah Saywer for this delicious recipe.

#### Ingredients

- 3 cups old fashioned oats
- ½ cup brown sugar
- ½ tsp salt
- 2 tsp baking powder
- 2 tsp cinnamon
- 1 tsp vanilla extract
- 4 lightly beaten egg whites
- ½ cup unsweetened applesauce
- 1 cup skim milk

1. Preheat oven to 350 degrees.

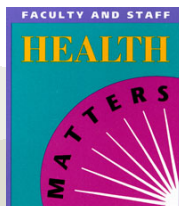
2. Mix together the oats, brown sugar, salt, baking powder and cinnamon with a fork.

3. In a separate bowl blend together the vanilla extract, egg whites, applesauce and milk.

4. Add applesauce mixture to dry oatmeal mixture and stir until just blended.

5. Pour into an 8" x 8" baking pan coated with cooking spray. Bake 20-25 minutes, or until a toothpick inserted in the center comes out clean.

6. Cut into squares and enjoy!



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