

fresh &
healthy

Nutrition

March is National Nutrition Month® *

Know Your Nutrition Facts

Almost everyday there are news reports about nutrition and health. It can be hard to keep track of it all. While all this information can be overwhelming, there are a few proven nutrition facts that can make a big difference to you.

FACT: Losing a little weight can have a big impact on your health

If you're overweight, losing as little as 5-10% of your weight and a few inches from your waist can result in significant health benefits. That's because weight is one of the most important predictors of long term health. Losing some body fat and keeping it off can improve blood pressure and reduce the risk of disease.

FACT: Fruits and vegetables are truly 'super foods'

A product that promises to reduce your risk of stroke, coronary heart disease, diabetes, and some types of cancer sounds too good to be true. But that's what a balanced diet rich in fruits and vegetables can deliver. That's because fruits and vegetables are good sources of fiber, vitamins, minerals and antioxidants. Studies show that adults who eat eight or more servings a day are 30% less likely to have a heart attack or stroke.

FACT: Good fat is essential for good health

Since saturated fats are bad for your health many people assume that all fats are bad. However, 'good fats' (in moderation) can actually improve your health. Studies show that mono and polyunsaturated fats, including omega 3's, protect against heart disease and stroke.

FACT: Beware of empty calories

Empty calories come from foods that have little nutritional value. Sweetened beverages and candy are a good example. Fine in small amounts, too much is bad for your health. Eating more 'nutrient dense' foods like fruits, vegetables and whole grains and fewer 'empty calories' is a good move to improve your health.

Understanding the facts about food can help you make better choices

GOOD FATS

Monounsaturated fats are found in olive oil, canola oil, peanut oil; cashews, almonds and peanuts; avocados and olives. Polyunsaturated fats are found in fish and corn, soybean, safflower, and cottonseed oils.

BAD FATS

Saturated fats are found in full fat dairy such as whole milk, cheese, and ice cream; meat and coconut oil. Trans fats can be found in ingredients that contain partially hydrogenated vegetable oil.

SUGARS

Sugar on food labels can be expressed in many ways that do not include the word 'sugar'. Look for corn syrup, dextrose, fructose, glucose or sucrose. Sugar in moderation is not a problem for most people but too much sugar can lead to weight gain and health problems.

NATURAL

The closer a food is to its original form the better for your overall health. Whole grains, fruits and vegetables are great examples of nutritionally dense, minimally processed whole foods.

WHOLE GRAINS

Ingredient lists for whole grain products usually start with whole wheat, oats, rye, or another whole grain cereal such as cornmeal. Also look for whole grains such as quinoa, bulgur and brown rice, as they become more main-stream.

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Get the facts *Free yourself from nutrition myths*

Over the years many nutrition myths have risen to the status of urban legend. Don't fall for food myths that may harm your health. When it comes to nutrition, it's a matter of fact.

MYTH: Very low fat or fat free diets are best!

FACT: While very low fat diets can help with weight loss and some medical conditions, for most of us, experts recommend that as much as 25-35% of our calories come from fat. For good health emphasize mono and polyunsaturated fats and minimize saturated fat.

MYTH: Fat free foods are calorie free

FACT: Because fat is calorie dense, it may seem logical to think that fat free equals calorie free. But many fat free foods contain lots of added sugar which adds 'empty calories'. Read the nutrition facts label before overindulging in fat free snacks such as cookies, cakes or ice cream.

MYTH: All sugar is bad for you

FACT: Naturally occurring sugars contained in milk or fresh fruit are by no means empty calories. These 'natural sugar' calories are in the company of very beneficial nutrients such as protein, vitamins and minerals. Even foods that list added sugar as a main ingredient can be OK in small amounts. However, large amounts of added sugar can cause weight gain and create health problems.

MYTH: Nuts are fattening, avoid them if you want to lose weight

FACT: Although nuts are high in calories and fat, most contain healthy fats that are actually good for you. Nuts are also good sources of protein, fiber, and minerals. Make nuts (in moderation) a part of your healthy diet.

MYTH: You do not need to exercise as long as you watch what you eat

FACT: Regular exercise and healthy eating are a winning combination. Studies show that regular exercise improves your chances of living longer. The benefits of exercise go way beyond weight management. Keep moving, you'll improve your mood and help protect your heart.



Citrus Salmon

Makes 4 servings

Prepare Citrus-Thyme Glaze

- 1 1/4 tsp orange juice
- 1 1/4 tsp orange marmalade
- 1/3 tsp granulated sugar
- 1/3 tsp minced fresh thyme
- 1/4 tsp black pepper

Over high heat, reduce orange juice by 75%. Add orange marmalade, sugar, thyme and black pepper. Simmer an additional 2-3 minutes. Cover. Keep hot for glazing salmon.

Prepare Grilled Orange Glazed Salmon

- 4, 4 oz salmon fillets
- 1/2 cup citrus thyme glaze
- 1/3 tsp salt
- 1/4 tsp black pepper

Preheat oven to 400° F. Combine salmon, half of the glaze, salt and pepper. Toss to coat. Cook salmon 4-6 minutes or until internal temperature reaches 145° F and salmon flakes to the touch. Coat salmon with the remaining glaze and serve immediately.

NUTRITIONAL INFORMATION	
Calories	200
Total Fat	11.2g
Cholesterol	57.2g
Sodium	218mg
Carbohydrates	4g

Carb Counter
15 or fewer grams of carbs

Calorie Counter
300 calories or less



March is National Nutrition Month®, a public awareness campaign created by the American Dietetic Association. For more information, go to www.eatright.org/nnm.