

# Better Health... Best Self

Food & Fitness Newsletter

Vernon Park Church of God

1975 E. Joe Orr Road, Lynwood, Illinois 60411

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## BACK TO BASICS—Part 4: Food Labels

What's in your food? Look at the label. Whether you are watching calories, sugar, or sodium, labels provide resourceful information while monitoring your food intake. If the product contains more than one ingredient, then a nutrition label must list ingredients in descending order by weight.

### Reading Your Food Labels!

#### ➤ The Nutrition List

**1 Serving Size:** Tells you the number of servings per container and the serving size.

**2 Calories:** Displays the total calories for only one serving.

**3 Highlighted Nutrients:** For optimal health, limit these nutrients.\*

**4 Vitamins & Minerals:** Percentage of recommended daily value per serving.

**5 Daily Value Footnote:** Explains the recommended daily value percentages.

\*Reference taken from the American Heart Association. No more than 11-13 grams of saturated fat, less than 1,500 mg of sodium, and as little trans fat as suggested on a 2,000 calorie diet.

### Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

Amount per serving

**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260 mg 20%

Iron 8mg 45%

Potassium 235 mg 6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition service.

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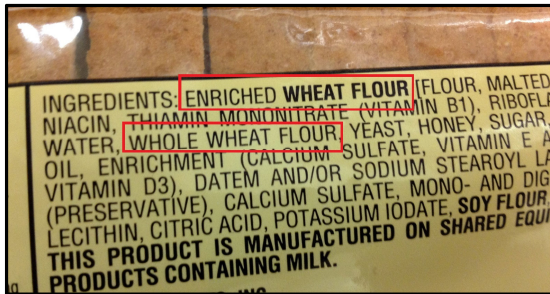
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## ➤ The Ingredients List

The ingredient list appears below the nutrition list of facts. The quantity of items is listed in order. For example, if water is listed first, then the product contains more water. **Be cautious.** Manufacturers will market products as one thing, but the facts are on the label. Some items go by different names. See sample wheat bread ingredients below. This product does not contain a significant amount of whole grains.

### Ingredients label taken from "wheat bread"



A

**Enriched Wheat Flour:** Whole wheat is stripped of 11 natural nutrients, and 5 chemical substitutes are added. God's original additives are removed.

B

**Whole Wheat Flour:** Whole wheat is further down on this sample list of "wheat bread." The company blended whole wheat to make a cheaper product.



Mother Carr's Farm is a community supported agriculture of Vernon Park Church of God. Full and half shares are available now!!



Shareholders will receive organic, all-natural, produce every other week during the 2017 harvest season.

For more information on the Mother Carr's Farm Project, please contact the church office at 708-753-1975 or visit the VPCOG website at [vpcog.com](http://vpcog.com).

## favorite RECIPES

### Homemade Honey Syrup

#### Ingredients:

- 1/2 cup raw honey
- 1-3 tsp molasses
- 1 tsp vanilla extract
- 1/4 cup hot water



#### Directions:

- Put all ingredients into a jar.
- Shake till all ingredients mix thoroughly.
- Serve with your favorite pancakes or waffles.

### Quickie Salsa

**Chop** a jalapeño (optional) and a red sweet pepper, a peach or mango, a green onion, half an avocado and a small handful of cilantro.

**Mix** with juice from a lime and a little olive oil.

**Use** to top grilled pork, chicken, fish or tofu. Salsa can also be served as an appetizer with Tortilla chips.



*Edited by Lisa Haynes, Fitness Professional. Send questions or comments to Lisa Haynes at [ngtotalfitness@hotmail.com](mailto:ngtotalfitness@hotmail.com).*

**Consult your physician before beginning a new exercise regimen or changing your diet.**

