Welcome to Maintenance!

Today’s Topic:
What’s In A Label?

By default, you have been placed on mute. If the audio feature is turned on, then please mute your audio unless you have a question.

Minute of Mindfulness

Check-In

• How are you?
• How did you increase fiber?
• Who tried a new probiotic food?
• How do you integrate nutrition information and recommendations with paying attention to what you feel like eating?
What's In A Label?

Today’s Agenda

- Explore the various sections of the Nutrition Facts Label.
- Compare serving sizes and portion sizes for mindful eating.
- Learn to use the Nutrition Facts label and Ingredients List to compare and select healthier options.
- Discuss labeling requirements for the major food allergens to make safe food choices.
- Understand label claims on food packaging to avoid falling into marketing traps.

Mindfulness Nutrition Planning Thoughts Goals

Serving Size Information

Servings Per Container:

- Be mindful that one package may not be a single serving.

Serving Size:

- Based on the amount of a food that most people typically eat at one time.
- A guide rather than a recommendation of how much to eat (portion size).
- All of the nutrient information listed is for ONE serving.

Calories Per Serving

Reduced Fat Creamy Peanut Butter

Nutrition Facts

| Ingredients | Dry Roasted Peanuts, Corn Syrup Solids, Sugar, Pea Protein, Contains 2% or Less of Salt, Fully Hydrogenated Vegetable Oils (Rapeseed and Soybean), Mono and Diglycerides, Maltodextrin, Magnesium Oxide, Niacinamide, Ferric Orthophosphate, Zinc Oxide, Copper Sulfoxide, Pyridoxine Hydrochloride, Folic Acid. |

| Calories | 190 |
|％ Daily Value | 12% |
| Total Fat | 20g | 30% |
| Saturated Fat | 2g | 10% |
| Cholesterol | 0mg | 0% |
| Sodium | 15mg | 1% |
| Total Carbohydrate | 3% | 3% |
| Dietary Fiber | 1% | 2% |
| Total Sugars | 0g | 0% |

Nutrition Note: Consider nutrient density.

Creamy Peanut Butter

Nutrition Facts

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Nutrition Note: Consider nutrient density.
What's In A Label?

Serving Size vs. Portion Size

Nutrition Note: Portion Distortion is the increasing food serving sizes that then become a ‘normal’ portion size. Look at how bagel serving sizes have changed!

20 years ago, I was 3 inches and 140 calories!

Today, I am 6 inches and 350 calories, that’s without the spread!

FOOD FOR THOUGHT: How has portion distortion affected your ‘normal’ eating pattern and weight?

Saturated Fat

<table>
<thead>
<tr>
<th>Saturated Fat</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skim Milk</td>
<td>90</td>
</tr>
<tr>
<td>Low Fat 1%</td>
<td>110</td>
</tr>
<tr>
<td>Reduced Fat 2%</td>
<td>130</td>
</tr>
<tr>
<td>Whole Milk</td>
<td>160</td>
</tr>
</tbody>
</table>

Nutrition Note: In general, aim for <2g of saturated fat per serving.

Sodium

<table>
<thead>
<tr>
<th>Sodium</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Rice</td>
<td>160</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>190-240</td>
</tr>
</tbody>
</table>

Box Of Long Grain And Wild Rice Seasoned With Spices

<table>
<thead>
<tr>
<th>Sodium</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown Rice</td>
<td>160</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>190-240</td>
</tr>
</tbody>
</table>

Ingredients: Long Grain Rice, Wild Rice, Dehydrated Red Bell Pepper, Brown Rice, Onion, Hydrolyzed Soy Protein, Salt, Maltodextrin, Dextrin, Sugar, Sunflower Oil, Yeast, Spices, Calcium Propionate (to Preserve Freshness), Yellow Gelatin, Tocopherols (to Preserve Freshness), Folic Acid.

Nutrition Note: Processed prepackaged items: <140mg/serving (low sodium).
What's In A Label?

Added Sugar

**Almond Coco Loco Flavored Greek Yogurt**
- **Nutrition Facts**
  - 1 Serving per container
  - Serving size: 1 Scoop (1/3 C)
  - Calories: 110
  - Total Fat: 9.0 g
  - Saturated Fat: 9.0 g
  - Cholesterol: 10 mg
  - Sodium: 407 mg
  - Total Carbohydrates: 19 g
  - Sugars: 19 g
  - Protein: 8 g
- **Ingredients**
- **Nutrition Note:**
  - Aim for foods that have < 4 g added sugar per serving.

**Nonfat Plain Greek Yogurt**
- **Nutrition Facts**
  - 1 Serving per container
  - Serving size: 1 Scoop (1/3 C)
  - Calories: 80
  - Total Fat: 0 g
  - Saturated Fat: 0 g
  - Cholesterol: 0 mg
  - Sodium: 0 mg
  - Total Carbohydrates: 19 g
  - Sugars: 19 g
  - Protein: 8 g
- **Ingredients**
  - Grade A Pasteurized Skimmed Milk, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).
- **Nutrition Note:**
  - Aim for foods that have < 4 g added sugar per serving.

Sugar Substitutes

**Light Strawberry Greek Yogurt**
- **Nutrition Facts**
  - 1 Serving per container
  - Serving size: 1 Scoop (1/3 C)
  - Calories: 80
  - Total Fat: 0 g
  - Saturated Fat: 0 g
  - Cholesterol: 0 mg
  - Sodium: 0 mg
  - Total Carbohydrates: 19 g
  - Sugars: 19 g
  - Protein: 8 g
- **Ingredients**
  - Cultured Grade A Non-Fat Milk, Strawberries, Water, Modified Food Starch, Cane Sugar, Contains Less Than 1% of Kosher Gelatin, Vegetable Juice (For Color), Natural And Artificial Flavors, Sorbitol, Aspartame (sugar substitute), Acesulfame Potassium, Sucralose, Malic Acid, Sodium Citrate, Vitamin A Palmitate, Vitamin D3, Active Yogurt Cultures L. Bulgaricus & S. Thermophilus.
- **Nutrition Note:**
  - Limit the use of BOTH added sugar and sugar substitutes.

**Nonfat Plain Greek Yogurt**
- **Nutrition Facts**
  - 1 Serving per container
  - Serving size: 1 Scoop (1/3 C)
  - Calories: 80
  - Total Fat: 0 g
  - Saturated Fat: 0 g
  - Cholesterol: 0 mg
  - Sodium: 0 mg
  - Total Carbohydrates: 19 g
  - Sugars: 19 g
  - Protein: 8 g
- **Ingredients**
  - Grade A Pasteurized Skimmed Milk, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).
- **Nutrition Note:**
  - Limit the use of BOTH added sugar and sugar substitutes.

Dietary Fiber

**100% Whole Wheat Bread**
- **Nutrition Facts**
  - 2 Slices (26 g)
  - Calories: 110
  - Total Fat: 8 g
  - Saturated Fat: 1 g
  - Cholesterol: 0 mg
  - Sodium: 400 mg
  - Total Carbohydrates: 21 g
  - Sugars: 21 g
  - Protein: 6 g
- **Ingredients**
- **Nutrition Note:**
  - Select > 3 g fiber per serving.

**White Bread**
- **Nutrition Facts**
  - 2 Slices (26 g)
  - Calories: 120
  - Total Fat: 7 g
  - Saturated Fat: 1 g
  - Cholesterol: 0 mg
  - Sodium: 400 mg
  - Total Carbohydrates: 21 g
  - Sugars: 21 g
  - Protein: 6 g
- **Ingredients**
  - Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (vitamin B1), Riboflavin (vitamin B2), Folic Acid, Water, Sugar, Whey, Yeast, Butter (cream, Salt), Sea Salt, Cultured Wheat Flour, Vegetable Oil (soybean), Soy Lecithin, Grain Vinegar, Citric Acid, Wheat Gluten].

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What's In A Label?

Whole Grain

What is the difference between enriched vs fortified food?


How to identify a “whole grain” product?

• Choose products that name a whole grain first on the ingredient list.
• Don’t be fooled by
  • The color of the bread
  • Presence of processed fiber
  • Multi-grain products

Nutrition Note: Food identified as “whole grain” are not always healthy, because it can still be full of saturated fat, salt, added sugar or calories.

Protein

Turkey Burger

Ingredients
Organic Turkey, Organic Rosemary Extract.

Nutrition Facts
Serving size 1 patty (3.5 oz)
Calories 150

Plant-Based Burger

Ingredients
Water, Soy Protein Concentrate, Coconut Oil, Sunflower Oil, Natural Flavors, 3% Or Less Of: Potatoes, Methylcellulose, Yeast Extract, Cultured Dextrose, Food Starch-Modified, Soy lecithin, Mixed Tocopherols (antioxidant), Soy Protein Isolate Vitamins & Minerals: Zinc Gluconate, Thiamine Hydrochloride (Vitamin B1), Niacin, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12

Nutrition Facts
Serving size 1 patty (3.5 oz)
Calories 240

Nutrition Note: Consider nutrient density.
What's In A Label?

Reading the Nutrition Facts Label Tips

- Serving size: All of the information listed below is for one serving.
- Calories: needs vary among individuals but in general, foods chosen should be nutrient dense by being low in calories, but high in nutrients like protein or fiber.
- Saturated Fat: < 2g per serving
- Sodium: ≤ 140 mg per serving
- Dietary Fiber: ≥ 3 g per serving
- Added Sugar: < 4 g per serving
- Calories needs vary among individuals but in general, foods chosen should be nutrient dense by being low in calories, but high in nutrients like protein or fiber.

Ingredients List

- The Ingredients List shows each ingredient in a food by its common or usual name.
- The ingredients are listed in descending order by weight.
- Processed food may contain several food additives such as:
  - Preservatives: ascorbic acid, sodium benzoate, potassium sorbate, tocopherols
  - Emulsifiers: soy lecithin, monoglycerides
  - Thickeners: xanthan gum, pectin, carrageenan, guar gum
  - Colors: blue 1, blue 2, citron red 2, green 3, orange B, red 3, yellow 5, yellow 6, etc. or natural beta-carotene
  - Natural and Artificial Flavors

Ingredients

- Bleached Enriched Wheat Flour [wheat Flour, Niacin, Ferrous Sulfate (iron), Thiamin Mononitrate, Riboflavin], Sugar, Corn Syrup, High Fructose Corn Syrup, Animal And Vegetable Shortening [tallow, Hydrogenated Tallow, Cotton Seed Oil, Mono And Diglycerides, Polysorbate 60, Soy Lecithin], Eggs, Water, Dextrose. Contains 2% Or Less: Calcium Carbonate, Calcium Sulfate, Agar, Disodium Phosphate, Locust Bean Gum, Modified Corn Starch, Corn Syrup Solids, Soy Lecithin, Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate, Whey, Calcium Salt, Xanthan Gum, Sodium Streano2Lactate, Sorbitol, Ac22 Acid And Potassium Sorbate (to Retain Freshness), Barley Malt Extract, Corn Grits, Natural And Artificial Flavors, Enzymes, Yellow 5, Red 40.

FOOD FOR THOUGHT: What does the length of this Ingredients list tell you?

Food Allergy Label

Federal law requires food manufacturers to indicate 8 major food allergens in plain language:

- Milk
- Eggs
- Fish
- Crustaceans
- Tree Nuts
- Peanuts
- Wheat
- Soybeans

Nutrition Note:
These common allergens can be called out in either the ingredient list such as lecithin (soy), flour (wheat) and whey (milk) or immediately after or next to the list of ingredients such as contains wheat, milk and soy.
What's In A Label?

Food Label Claims

The front of the packaging is for marketing purposes and can be deceiving.

Who are the regulators?

- **USDA**: meat, poultry, and egg products
- Use of antibiotics, hormones, organics
- **FDA**: everything else
- Health claims, nutrient claims, structure/function claims
- **FTC**: overseas food advertising and marketing.

Deceiving Food Label Claims

Ingredients:

- Maltitol
- Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), High Oleic Canola and/or Palm Oil, Polydextrose, Cocoa (Processed With Alkali), Cornstarch, Glycerin, Inulin (Natural Extract From Chicory Root), Emulsifiers (Vegetable Mono- and Diglycerides, Soy Lecithin), Leavening (Baking Soda and/or Sodium Acid Pyrophosphate and/or Calcium Phosphate), Salt, Acesulfame Potassium (Sweetener), Sucralose (Sweetener), Heavy Cream (from Milk).

Sugar Free

Label Claims without formal FDA definitions

- Lightly sweetened
- Natural
- Simple
- Superfood
- Functional food
What's In A Label?

**What to do?**

Processed food is convenient. How can you select healthier options?

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**Simple Steps to Building a Balanced Plate**

- **Fruit:** Apple
- **Probiotic:** Plain Nonfat Greek Yogurt
- **Healthy Fat:** Chia Seeds
- **Starch:** Potatoes
- **Non-Starchy Vegetables:** Green Bell Peppers, Tomatoes, Onions
- **Lean Protein:** Tofu
- **Water:** Black Coffee

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What's In A Label?

Maintenance Bookshelf: Balanced Plate and Snack Ideas

Keys to Long-Term Weight Loss Success

- Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- Daily activity, building up to 1 hour a day
- Self-monitoring by tracking weight, food, and/or exercise

Healthy Expectations and Self Compassion

A weight range of 10-15 pounds is more sustainable than a set number.

It takes time to learn to care for your new smaller body.

Remember the 80/20 rule.

Progress over perfection!

FOOD FOR THOUGHT: How do you support and encourage yourself?
What's In A Label?

What change would you like to work on this week?

• This week, I will_________ (Action Plan)

Nutrition Note:
• Make your goals Specific, Measurable, Action-oriented, Realistic and Time-limited

Next Week...