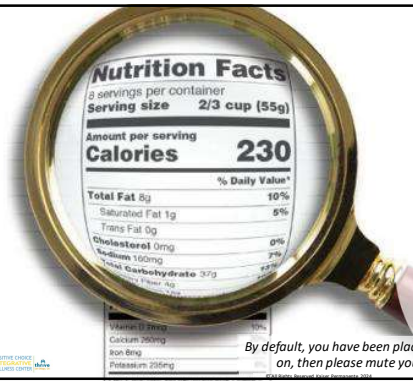

Welcome to Maintenance!

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.

Check-In

and or

- What has been working well?
- Where are some learning opportunities?

Nutrition Note:

- Long term weight management is possible with **SUSTAINED behavior change**.


Balanced Plate: Fiber + Protein


Daily Activity


Tracking


Support

Key Message

✓ On the **Nutrition Facts Label**, be mindful of the amount of saturated fat, sodium, and added sugar.

Nutrition Note: Other Helpful Tools

✓ Look for items with fewer **ingredients** and ingredients you can pronounce.
✓ Watch out for deceiving **label claims**.

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.

Nutrition Facts

9 servings per container
Serving size 2/3 cup (88g)

Amount per serving
Calories 210

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 190mg	8%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 20g Added Sugars	40%
Protein 3g	

Vitamin D 0mcg 0% • Calcium 110mg 8%
Iron 0mg 0% • Potassium 160mg 4%

Calories Per Serving

Reduced Fat Creamy Peanut Butter

Nutrition Facts
13 servings per container
Serving size 2 Tbsp (36g)

Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 7g	14%

Not a significant source of vitamin D, calcium, iron, and potassium

*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 advice.

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

Creamy Peanut Butter

Nutrition Facts
14 servings per container
Serving size 2 Tbsp (32g)

Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	16%

Not a significant source of vitamin D, calcium, iron, and potassium

*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 advice.

Ingredients
Dry Roasted Peanuts.

Serving Size vs. Portion Size

and or

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

Skim Milk

Nutrition Facts
4 servings per container
Serving size 1 Cup (240ml)
Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%

Not a significant source of vitamin D, calcium, iron, and potassium
* 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 advice.

Low Fat 1% Milk

Nutrition Facts
16 servings per container
Serving size 1 Cup (240ml)
Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%

Not a significant source of vitamin D, calcium, iron, and potassium
* 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 advice.

Reduced Fat 2% Milk

Nutrition Facts
16 servings per container
Serving size 1 Cup (240ml)
Amount Per Serving
Calories 130

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 140mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of vitamin D, calcium, iron, and potassium
* 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 advice.

Whole Milk

Nutrition Facts
16 servings per container
Serving size 1 Cup (240ml)
Amount Per Serving
Calories 160

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	16%

Not a significant source of vitamin D, calcium, iron, and potassium
* 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 advice.

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

Dairy vs. Plant-Based Milk

Per Cup	Skim or 1% Milk	Plain, Pea Protein Milk	Plain, Soymilk	Other Plant-Based Milk
Calories	80-110	80	80	40-140
Fat	0-1g saturated	4g unsaturated	4g unsaturated	2-4g unsaturated
Protein	8g	8g	7g	0-1g
Natural Sugar	12g	0g	4g	0-2g
Added Sugar	0g	0g	0g	0-20+g
Calcium	300mg (30% DV) naturally	Varied	Varied (not well absorbed)	Varied
Vitamin D	Fortified with 25% DV	Varied	Varied	Varied
Vitamin B-12	20% DV naturally	Varied	Varied	Varied

Sodium

Box Of Long Grain And Wild Rice Seasoned With Spices

Nutrition Facts
About 2 servings per container
Serving size 2.0 oz (56g/about 1/4 cup dry rice mix & 1-2/3 Tbsp seasoning mix)

Calories	As packaged 190		As prepared 240	
		% DV*		% DV*
Total Fat	0.5g	1%	6g	7%
Saturated Fat	0g	0%	1g	6%
Trans Fat	0g		1g	
Polyunsaturated Fat	0g		1.5g	
Monounsaturated Fat	0g		2.5g	
Cholesterol	0mg	0%	0mg	0%
Sodium	780mg	34%	840mg	36%
Total Carb.	42g	15%	42g	15%
Dietary Fiber	2g	6%	2g	6%
Total Sugars	2g		2g	
Incl. Added Sugars	<1g	1%	<1g	1%
Protein	5g		6g	

* 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 advice.

Ingredients
Rice, Wild Rice, Onions, Hydrolyzed Soy Protein, **Salt**, **Monosodium Glutamate**, Maltodextrin, Autolyzed Yeast Extract, Sugar, Parsley*, Garlic, Sunflower Oil, Caramel Color, Spices, Hydrolyzed Corn Protein, Ferric Orthophosphate, Yeast Extract, Niacinamide, Hydrolyzed Wheat Protein, Thiamin Mononitrate, Tocopherols (to Preserve Freshness), Folic Acid.

Brown Rice

Nutrition Facts
151 servings per container
Serving size 1/4 cup (54g)
Amount Per Serving
Calories 160

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%

Not a significant source of vitamin D, calcium, iron, and potassium
* 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 advice.

Ingredients
Brown Rice.

Nutrition Note:
- Frozen Entrée: < 600mg/serving
- Processed prepackaged items: **≤140mg/serving (low sodium)**

Added Sugar

Low Fat Plain Yogurt

Nutrition Facts
5 servings per container
Serving size 2/3 cup (161g)
Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 8g	

Not a significant source of vitamin D, calcium, iron, and potassium

*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 advice.

Ingredients
Cultured Grade A Low Fat Milk, Fruit Pectin, Vitamin A Acetate, Vitamin D3.

Low Fat Strawberry Yogurt

Nutrition Facts
5 servings per container
Serving size 2/3 cup (170g)
Amount Per Serving
Calories 150

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 16g Added Sugars	32%
Protein 5g	

Not a significant source of vitamin D, calcium, iron, and potassium

*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 advice.

Ingredients:
Cultured Grade A Low Fat Milk, **Sugar**, Modified Corn Starch. Contains 1% or less of: Corn Starch, Citric Acid, Vegetable Juice (for color), Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.

Nutrition Note:
- Aim for foods that have **< 4 g added sugar per serving.**

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Sugar Substitutes

Light Strawberry Greek Yogurt

Nutrition Facts
1 servings per container
Serving size 1 Container (150g)
Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 12g	24%

Not a significant source of vitamin D, calcium, iron, and potassium

*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 advice.

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, **Suralose**, **Acesulflame Potassium**, Malic Acid, Sodium Citrate, Vitamin A Palmitate, Vitamin D3, Active Yogurt Cultures L. Bulgaricus & S. Thermophilus.

Nonfat Plain Greek Yogurt

Nutrition Facts
1 servings per container
Serving size (150g)
Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	32%

Not a significant source of vitamin D, calcium, iron, and potassium

*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 advice.

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.

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Dietary Fiber

100% Whole Wheat Bread

Nutrition Facts
16 servings per container
Serving size 1 Slice (43g)
Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	8%

Not a significant source of vitamin D, calcium, iron, and potassium

*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 advice.

Ingredients
Whole Wheat Flour, Water, Bulgur Wheat, Sugar, Soybean Oil, Wheat Gluten, Honey, Yeast, Whole Wheat, Cultured Wheat Flour, Salt, Soy Lecithin, Grain Vinegar, Natural Flavors, Citric Acid, Soy, Whey.

White Bread

Nutrition Facts
16 servings per container
Serving size 1 Slice (43g)
Amount Per Serving
Calories 120

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 3g	6%

Not a significant source of vitamin D, calcium, iron, and potassium

*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 advice.

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.

Nutrition Note: select **≥ 3g fiber per serving.**

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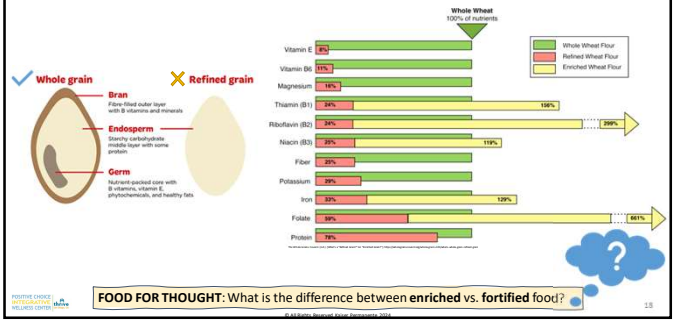
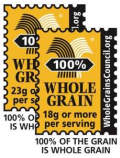
Whole Grain



FOOD FOR THOUGHT: 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

Nutrition Facts
4 servings per container
Serving size 1 frozen burger (113g)
Amount Per Serving
Calories 150

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 105mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	40%

Not a significant source of vitamin D, calcium, iron, and potassium

* 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 advice.

Ingredients
Organic Turkey, Organic Rosemary Extract.

Plant-Based Burger

Nutrition Facts
2 servings per container
Serving size 1 patty (113g)
Amount Per Serving
Calories 240

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 19g	38%

Not a significant source of vitamin D, calcium, iron, and potassium

* 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 advice.

Ingredients
Water, Soy Protein Concentrate, Coconut Oil, Sunflower Oil, Natural Flavors, 2% Or Less Of: Potato Protein, Methylcellulose, Yeast Extract, Cultured Dextrose, Food Starch Modified, Soy Leghemoglobin, Salt, 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 Note: Consider nutrient density.

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.

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 260mg	20%
Iron 8mg	45%
Potassium 240mg	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 advice.

Saturated Fat: < 2g per serving

Sodium: ≤140 mg per serving

Dietary Fiber: ≥ 3 g per serving

Added Sugar: < 4 g per serving

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, citrus red 2, green 3, orange B, red 3, yellow 5, yellow 6, etc. or natural beta-carotene
  - Natural and Artificial Flavors

Ingredients
Sugar, Water, Enriched Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate Or Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Tallow, Dextrose, Egg, Contains 2% Or Less: Soybean Oil, Corn Starch, **Modified Cornstarch**, Hydrogenated Tallow, Whey, Glycerin, Salt, **Sodium Acid Pyrophosphate**, Baking Soda, Enzymes, **Sorbic Acid And Potassium Sorbate** (To Retain Freshness), Cottonseed Oil, Mono And Diglycerides, **Cellulose Gum**, **Sodium Stearoyl Lactylate**, **Soy Lecithin**, **Xanthan Gum**, **Polysorbate 60**, **Monocalcium Phosphate**, **Natural And Artificial Flavor**, Yellow 5, Red 40.

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

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** oversees food advertising and marketing.

Deceiving Food Label Claims

Nutrition Facts

Serving Size 2 cookies
Servings Per Container 8

Amount Per Serving	
Calories 90	
	% Daily Value
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 1g	

Percent Daily Values are based on a 2,000 calorie diet.

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, **Dextrose***, Natural and Artificial Flavor, Cellulose Gum and Gel, Chocolate, Heavy Cream (from Milk), **Acesulfame Potassium (Sweetener), Sucralose (Sweetener).** *Adds a trivial amount of sugars.

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Label Claims Without Formal FDA Definitions

- Lightly sweetened
- Natural
- Simple
- Superfood
- Functional food

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What Can You Do?

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

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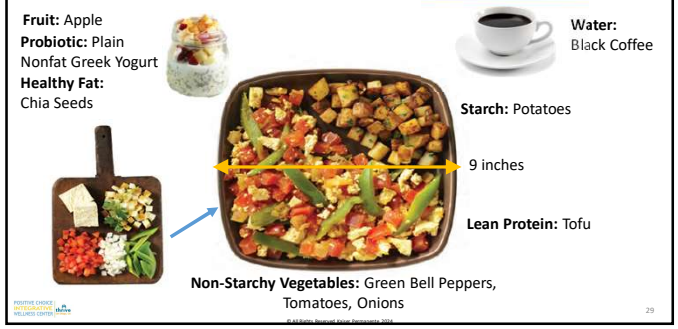
Simple Steps to Building a Balanced Plate



Keys to Long-Term Weight Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years

Nutrition Note:
- Long term weight management is possible with **SUSTAINED behavior change**!

Healthy Expectations and Self Compassion

and or

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

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

Remember the **80/20 rule**.

Progress over perfection!

FOOD FOR THOUGHT: How do you support and encourage yourself?

What change would you like to work on this week?

- Read food labels
- Practice the plate method
- Make a healthy food swap
- Other

NUTRITION NOTE:
- Motivation is built by the frequency, not the size, of successful changes.