

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



### Love your Heart with Whole Grains!

Ask your Nutrition Educator to introduce you to one of our services below:

- ~ Cooking Clubs    ~ Boys' Clubs    ~ Newsletters
- ~ Health Fairs    ~ Girls' Clubs    ~ Career Fairs

### **Tasty Topics:**

#### ***Misleading food packages: Know where to look!***

A walk down the cereal aisle in any grocery store will display the fact that food companies use the front of the box to advertise their product to consumers. With loose FDA regulations, these companies have the liberty to stretch the truth. More often than not, the front of the box doesn't quite match up with the side of the box, where the nutrition facts label and ingredient list can be found.

For example, cereal companies recognize the health benefits of whole grains (proper digestion, reduce the risk of heart disease and some cancers), and see this as a great marketing tool. However, some companies advertise "made with whole grains" on the front of the box, but enriched wheat flour is the first ingredient found on the list (enriched wheat flour goes through a process which removes all or some parts of the kernel, which takes away the nutritional value of the grain). To avoid being misled, look for cereal boxes stamped with the Whole Grain Council logo, this non-profit organization guarantees that all grains in the product are whole (visit: [Whole Grain Council](http://www.wholegraincouncil.org) for more information). Also, read the nutrition facts label and ingredient list. Look for the terms "whole grain flour" or "whole wheat flour" when searching for a good whole grain cereal or bread.

#### ***Nutrition Facts Label, now what?***

So you found the nutrition label on the box, but all of those percentages are giving you a headache! No worries, EAT.RIGHT.NOW. offers several nutrition lessons that focus on the interpretation of the nutrition facts label for middle and high school students as well as parent/caregivers. The two most popular lessons are the Snack Attack lesson for 6-8<sup>th</sup> graders and Whole Grains lesson for 9-12<sup>th</sup> graders. The Drexel Nutrition Team recognizes the importance of the fact label and often reserves it as the key to making healthy choices. In order for students to make wiser snack decisions, the understanding of this helpful label is crucial. Schedule a lesson with your nutrition educator today!

#### ***Monthly Mentions***

- **Nutrition Tip:** Skipping breakfast has been shown to cause people to overeat later in the day.
- **Fruit & Vegetable:** For grapefruit and potato recipes, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now In Season:** Banana, avocados, mushroom, celery, onions, and broccoli. Look for deals in your local grocery.
- **February Health Observations:** American Heart Month, Wise Health Consumer Month, Snack Food Month

#### ***Nutrition Education in Action***

Nutrition Educator Renee Hart, Harrison students and teachers perform three key steps of a fruit market: food preparation, classroom delivery, and customer service. The fruit market has been running every other week for the past two months.



Questions or Comments?

Email:

[nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)

**EAT.RIGHT.NOW.**

Nutrition Education Program

Drexel University

Or call us at: 215.895.2422

## Fiber Assessment:

Look at the list of foods below. Put a check in the box for foods that you are already eating on a regular basis. Then take a second look at the list and see which foods you would be willing to eat. Look for foods that are higher in fiber.

Recommendations: Males: about 38 grams/day and Females: about 25 grams/day

Food Item	Serving	Grams of Fiber per serving	Foods I eat now	Food I can start to incorporate into my diet
Bran cereal (high fiber)	½ cup	13		
Raisin bran cereal	1 cup	8		
Baked beans	½ cup	8		
Lentils	½ cup	8		
Black or pinto beans	½ cup	8		
Mini-shredded wheat cereal	24 biscuits	6		
Chickpeas	½ cup	6		
Corn on the cob	1 medium ear	5		
Oatmeal	1 cup	4		
Pear (with skin)	1 medium	4		
Apple (with skin)	1 medium	4		
Peas	½ cup	4		
Baked potato (with skin)	1 medium	4		
White beans	½ cup	4		
Whole grain bread	1 slice	3		
Cooked carrots	½ cup	3		
Orange	1 medium	3		
Banana	1 medium	3		
Peanuts	¼ cup	3		
Popcorn	3 cups	3		
Broccoli	½ cup	3		
Spaghetti or other pasta	1 cup	2		
Other fruits and vegetables	½ cup	1 or 2		

\*If you are not consuming a lot of fiber currently then you need to start adding more high fiber foods to your diet. **Be sure to start slowly.** Only add about 5 additional grams of fiber to you diet each week until you reach the recommendations listed above.



Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how the Supplemental Nutrition Assistance Program can help you buy healthy foods, contact the PA Department of Public Welfare's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.