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Nutrition

Food is fuel



From fighting fatigue to boosting your immune system, it's important to eat well in order to live well. Your body needs fuel to stay strong and healthy. Fueling your body with fresh, whole foods is one of the best health choices you can make. People who consume well-balanced diets have a lower risk of chronic diseases and infections. Once you begin viewing food as fuel, it is easier to choose foods packed full of nutrients instead of other choices that can weigh you down.

Eating healthy doesn't need to be a stressful experience. Just remember that every hunger pang is an opportunity to add more nutrients to your body. Once you begin eating healthier foods that you enjoy, you might find that you feel better. Keep the following healthy food suggestions in mind as you fuel your health:

- Eat more fruits and vegetables.
- Choose whole grains over processed, white bread.
- Swap unhealthy snacks with healthier options like nuts or dried fruits.
- Eat a variety of protein sources such as poultry, fish, beans, or tofu.
- Limit your added sugar intake to no more than 6 teaspoons a day for women and 9 teaspoons for men.

Now more than ever, it is necessary to make healthy food choices that improve your immune system and make your body stronger. Health professionals are great sources for information when it comes to making healthy decisions for your body. Talk to your medical provider for nutritional support or before beginning a new diet.



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Understanding Food Nutrition Labels

Serving information

This will tell you the size of a single serving and the total number of servings per container or package.

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Nutrients

Limit the amounts of added sugars, saturated fat, and sodium you eat. Try to avoid trans fat. Compare labels and choose foods with less of these nutrients when possible.

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% Daily Value (DV)

This tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. If you want to consume less of a nutrient, choose foods with a lower % DV (5% or less). If you want to consume more of a nutrient, choose foods with a higher % DV (20% or more).

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Nutrition Facts

Servings Per Container 2
Serving Size 1 cup (228g)

Amount Per Serving

Calories 250

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Total calories

Pay attention how many calories you're consuming per serving. If you eat 2 servings, you are eating double the calories and nutrients on the label.

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

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Beneficial nutrients

Make sure you get enough of the nutrients your body needs, such as calcium, choline, dietary fiber, iron, magnesium, potassium, and vitamins A, C, D, and E.

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Tips:

The information shown in the label is based on a diet of 2,000 calories a day. You may need more or less than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain, or maintain your weight.

When the Nutrition Facts label says a food contains "0 g" of trans fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains some trans fat, but less than 0.5 grams per serving.

Source: Heart.org, MayoClinic.org, WebMD.com, 2015-2020 Dietary Guidelines for Americans

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