

eat right boston

WINTER 2020



The New Food Label Has Arrived!

There was so much to cover with the implementation of the new food label, that I decided to dedicate the whole newsletter to it.

Below is a comparison of the new and the old. The information that follows should help you better navigate the changes.

Original Label

New Label

Nutrition Facts

Serving Size 2/3 cup (55g)

Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 12g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value 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

Nutrition Facts

8 servings per container

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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 235mg **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.

The New Food Label

Ever since 2016, I have been writing about the coming of the new and improved Nutrition Facts label and it has finally arrived! Well, sort of...it depends on how much money manufacturers make. According to the Food and Drug Administration (FDA), manufacturers with over \$10 million in annual sales must switch to the new label by January 1, 2020 while those with less than \$10 million have until January 1, 2021 to comply. Manufacturers of most single-ingredient sugars such as honey and maple syrup and some cranberry products have until July 1, 2021 to make the changes while those that produce flavored dried cranberries have until July 1, 2020 to comply. Uhm...a little confusing for sure!

Why the change? Science, of course! The new label is designed to help consumers make healthier choices based on new scientific evidence that connects diet to a variety of chronic diseases that include obesity and heart disease. It will also be easier for them to compare similar products (side by side) and to make better informed food choices.

Let's look at the changes on an individual basis:

SERVING SIZE

Not only are sizes now denoted in larger, bolder print but they have been updated to reflect realistic sizes of what people actually eat or drink. They will be consistent so people can better compare similar products (i.e yogurt to yogurt, pasta to pasta, etc). No more sneaky deception of portion sizes from one manufacturer to the other. Serving sizes are not recommended amounts of how much to eat. The information is intended to be based on one serving of the food but if there are multiple servings, you will see two columns. Read carefully!

CALORIES

Calories are now in a larger print than before so they really stand out. By definition, *calorie* refers to the amount of energy that is supplied from the macronutrients (fat, carbohydrate, protein, and alcohol) in one serving of the food. You will also notice that there is no longer a "calories from fat" category. Science shows us that it's the *quality* of fat consumed that is most important, although I still will teach my patients on *quantity* for weight management purposes. Note, "Total Fat," "Saturated Fat," and "Trans Fat" are still required on the label.

DAILY VALUES (DV)

I must admit, I find the information on Daily Values somewhat confusing to explain to people. They are reference amounts for nutrients of what to consume/or not to exceed each day (for children > 4 years of age and for adults). The DVs are used to calculate the % Daily Value. % Daily Value depicts how much a nutrient in a serving of the food contributes to a total daily diet. They are based on a 2000-calorie a day diet (which not everyone follows!). As a general guide: *5% DV or less of a nutrient per serving is considered low, and 20% DV or more of a nutrient per serving is considered high* but make sure the serving size is the same when comparing foods. The DVs have also been updated based on new science.

The New Food Label (continued)

ADDED SUGARS

Remember, foods like fruits and milk have their own naturally-occurring sources of sugar in our diet. *Added Sugars* are the sugars that are mixed in during the manufacturing process and can include granulated sugar, syrup, honey, and the sugar from concentrated fruit or vegetable juices.

The new Daily Value for added sugars is 10 percent of total energy intake (again, based on 2000 calories), which translates to 50 grams a day. This differs from the American Heart Association guidelines that suggest men should consume no more than 36 grams of added sugar per day (i.e. 9 teaspoons or 150 calories). For women, the number is lower: 25 grams per day (i.e. 6 teaspoons or 100 calories). As a point of reference, a 12-ounce can of soda contains 8 teaspoons (32 grams) of added sugar.

Aim for less than 10% of your total daily calories from added sugars, as recommended by the 2015-2020 Dietary Guidelines (DGAs) for Americans.

FIBER

It's still in the same place, but the DV for fiber has increased from 25 grams to 28 grams.

REQUIRED NUTRIENTS

These nutrients appear below the emboldened line and are now listed in actual milligrams (yay!), as well as referenced as a %DV. Vitamin D and potassium were added as the DGAs identified that many Americans do not get recommended amounts of these two. Calcium and iron listings are still mandated while Vitamins A and C are not as studies show that deficiencies of these vitamins are not common. Note that other nutrients can be voluntarily disclosed by manufacturers.

THE FOOTNOTE

The verbiage is a little different in the footnote but it still refers back to how the food fits into a 2000 calorie diet based on % Daily Values.

Here's a good summary of how to implement the changes on the label:

Nutrients to get **MORE** of:

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

Nutrients to get **LESS** of:

- Saturated fat
- Sodium
- Added Sugars

Baked Apples

There's something about the smell of cinnamon that correlates to cold weather! Here's a simple and easy way to satisfying those sweet tooth cravings!

4 apples, washed (Braeburn, pink lady, gala, Fuji, Honeycrisp)

¼ cup packed brown sugar

½ teaspoon ground ginger (optional)

½ teaspoon cinnamon

4 teaspoons butter

4 tablespoons chopped walnuts or pecans

1. Preheat your oven to 350°F.
2. To prepare the apple, slice off the top about ¼ inch down the apple. Use a spoon or knife to cut out the core, leaving the bottom intact.
3. Place apples upright in a baking dish (I use Pyrex). They should sit side by side for support. Add enough water to cover the bottom of the dish to keep them from sticking.
4. In a small bowl, mix together the brown sugar, ginger, and cinnamon. Spoon into the center of each apple. Top the brown sugar mixture with one teaspoon of butter. Sprinkle with the walnuts.
5. Bake (uncovered) until the apples are tender, about 40-50 minutes. Let them sit for 10 minutes before serving. See tips for serving.

Tip: Serve with a scoop of frozen vanilla yogurt or mix 1 tablespoon of maple syrup and ¼ cup of low-fat Greek yogurt and spoon over the top of the warm apples.

Recipe Source: Adapted from *The 28-Day Gout Diet Plan*

Stay warm! Spring is around the corner!

