

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

-1 Corinthians 6:19-20 NIV



Healthy Eating
FOR
Healthy Living

Hello OneChurch Nation and Happy New Year! This month marks the beginning of our “Healthy Eating for Healthy Living” newsletter series. Each month you will find nutritional tips and facts and starting in February we will highlight healthy new recipes. January’s focus is on how to read and understand a nutrition label found on the back of food items. How often do you take the time to look at this information? Reading and understanding nutrition labels can help you make informed decisions about good nutrition, including *what* to eat and *how much* of it to eat. For more information in each section, download the PDF below and click on the underlined links.

Serving Size: This is based on an amount of food equal to what a typical person eats. It may not always be equal to the entire package (servings per container). In this example, one serving is only 2/3 cup and there are a total of 8 servings in one package.

Reading a Nutrition Label

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 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.

Total Fat: Diets that are high in saturated and trans fat are associated with an increased amount of cholesterol, which increases the risk of cardiovascular disease. The daily recommended value for total fat is **less than 78 g per day**.

Cholesterol: It is recommended to keep cholesterol as low as possible as part of a healthy diet to reduce the risk of developing heart disease. The daily recommended value of cholesterol is **less than 300mg per day**.

Carbohydrates: Those who are diabetic, or at risk for developing diabetes, should pay close attention to this category since the more carbohydrates you consume, the harder it will be for your body to control blood sugar levels. The recommended daily value for carbohydrates is 275g per day for the average adult, with as few added sugars as possible.

% Daily values: This tells you how much of a recommended daily serving of a nutrient category is found in one serving size. Values less than 5% per serving are considered low and over 20% per serving are considered high.

Calories: Most calories are listed **per serving**. In this example, 230 calories is for one serving, 2/3 cup, not the entire package. Eating too many calories can lead to overweight and obesity. The average adult should aim for 1, 800 to 2,000 calories daily. Calories of 400 more per serving is considered high.

Sodium: This is very important to pay attention to, especially if you have high blood pressure or are at risk for having high blood pressure. The total daily recommended value of sodium for an adult of average is **less than 2,300mg per day**. A majority of adults exceed this amount each day. Did you know that most of the sodium in our diets comes from prepackaged foods?

Protein: Protein is a very important nutrient for your body. The daily recommended value of protein is 50g per day. Most adults consume an adequate amount of protein; however it is important to get protein from a variety of sources, including plants and fish/seafood.

Vitamins: Vitamins and minerals are important for proper body functioning. With *healthy* diets, most people will get the proper amounts of vitamins and minerals. Did you know that diets higher in vitamin D and calcium, iron, and potassium can reduce the risk of developing osteoporosis, anemia, and high blood pressure?



The dietary recommendations found on nutrition labels, like the one shown above, are based on a 2,000 calorie per day diet. Your actual daily calorie needs may be different, depending upon your height, weight, and physical activity level. Visit <https://www.myplate.gov/myplate-plan> and click “start” to help you determine how many calories you should be consuming each day.