

# THE PROACTIVE

## A MONTHLY NEWSLETTER

Volume 1

Nutrition

January 2018

### Health and Fitness Apps

There are many health and fitness apps that can help you establish and track your daily calorie and nutrient intake. Some of the top rated apps include:

#### ■ MyFitnessPal (free) ★★★★★



*MyFitnessPal* is a free smart phone app and website that tracks diet and exercise to determine optimal caloric intake and nutrients for your personalized goals. Either scan the barcodes of various food items or manually add them in the database of over five million different foods. The app even saves your favorite foods so you don't have to constantly search for the things you eat regularly. You can also import recipes to get a full nutritional breakdown of your home-cooked meals. *MyFitnessPal* works in conjunction with over 50 devices and apps, including Fitbit and Garmin wearable devices, so you can synchronize health data. [Android and iOS]

#### ■ Nutrients (\$4.99) ★★★★★



If you're serious about knowing the full nutrient breakdown of every food you eat, the *Nutrients* app may be a good bet. From big-picture calories and fats to vitamin and mineral content, *Nutrients* has comprehensive nutrition data for thousands of foods. Customize the serving size so you know what you actually ate. Discover if you're hitting your daily recommended values for vitamins and minerals with the app's daily food journal. [iOS only]

#### ■ HealthyOut (free) ★★★★★



Eating out doesn't have to be a guilty pleasure! Many restaurants offer healthy options that align with even the strictest eating plans. *HealthyOut* helps you find them. It provides access to menus of local restaurants, and matches items on their menu to your dietary needs and preferences. The app is feature-rich and has a fairly large database of restaurants. [Android and iOS]



## Labeling and Nutrition

### How to Understand and Use the Nutrition Facts Label

Eating a balanced diet is vital for good health and wellbeing. Food provides our bodies with the energy, protein, essential fats, vitamins, and minerals to live, grow, and function properly. We need a wide variety of different foods to provide the right amounts of nutrients for good health.



A nutrition label can be very confusing if you don't know what to look for. We will help breakdown the standard nutrition label to make it easier for you to make quick, informed food choices for a healthier diet.

Let's take a look at a nutrition label for Toasted Oat Cereal:



#### Nutrition Facts

Serving Size	1 Cup	(30g)
Servings Per Container		About 9
Amount Per Serving	Cereal	with 1/2 Cup Skim Milk
<b>Calories</b>	110	150
Calories from Fat	15	20
<b>% Daily Value**</b>		
<b>Total Fat 2g*</b>	<b>3%</b>	<b>3%</b>
Saturated Fat 0g	0%	3%
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		

The first section of the nutrition label includes the serving size and the number of servings contained in the package.

*Flip to the next page for an in-depth look!*

## Serving Size

Serving sizes are standardized into familiar units such as cups or pieces. It is important to realize that the size of the serving on the food package impacts the number of calories and all the nutritional information included on the label. If the serving size is one cup and you eat 2-3 cups, you will need to double or triple the number of calories and nutritional information from the food label to get an accurate reflection of the meal you just consumed.

### A Handy Guide to Serving Sizes



1. Fingertip: 1 Tsp
2. Thumb: 1-2 Tbsp
3. Handful: 1-2 Ounces
4. Palm: 3-4 Ounces
5. Fist: 1 Cup

## Nutrients

The nutrients listed first are typically consumed in adequate amounts, and often, the average American exceeds the recommended daily intakes. Diets high in fat, saturated fat, trans fat, cholesterol, carbohydrates, or sodium may increase your risk of certain chronic diseases, including: heart disease, diabetes, or high blood pressure.

Most Americans do not consume adequate amounts of fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating adequate amounts of these nutrients can help improve your overall health and even reduce the risk for certain diseases. Consuming adequate amounts of calcium can help reduce the risk and slow the progression of osteoporosis, which results in decreased bone density and is of particular importance in women.

A diet high in dietary fiber and low in saturated fats and cholesterol can help reduce the risk of heart disease.



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Saturated Fat 0g	0%	3%
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>1%</b>
<b>Sodium 280mg</b>	<b>12%</b>	<b>15%</b>
<b>Potassium 95mg</b>	<b>3%</b>	<b>9%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>	<b>9%</b>
Dietary Fiber 3g	11%	11%
Soluble Fiber 1g		
Sugars 1g		
Other Carbohydrate 18g		
<b>Protein 3g</b>		

	% Daily Value	
Protein	-	-
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	50%	50%
Vitamin B <sub>12</sub>	25%	35%
Phosphorus	10%	25%
Magnesium	10%	10%
Zinc	25%	30%
Copper	2%	2%

\*Amount in Cereal. A serving of cereal plus skim milk provides 2g total fat (0.5g saturated fat, 1g monounsaturated fat), less than 5mg cholesterol, 350mg sodium, 300mg potassium, 28g total carbohydrate (7g sugars) and 7g protein.

\*\*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 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, CORN STARCH, SUGAR, SUGAR, SALT, CALCIUM CARBONATE, OAT FIBER, TRISODIUM PHOSPHATE, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NACINAMIDE), VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B<sub>12</sub> (RIBOFLAVIN), VITAMIN B<sub>1</sub> (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B<sub>12</sub>, VITAMIN D.

## Calories

Calories provide a measure of how much energy you get from a serving of a particular food. Many Americans consume more calories than they need without meeting recommended intakes for a number of key nutrients including vitamins, fiber, and minerals. The calorie section of the label can be used in conjunction with serving size to ensure you are staying at or below your goal calorie intake for the day. A good starting point is to try to stay at or below 2000 calories per day.



## Percent Daily Value

The percent of daily values is based on the recommended intake of key nutrients, and is always standardized to a typical 2,000 calorie diet. If you eat a 2,000 calorie diet, these daily values would be reflective of your daily recommendations, but if you eat a diet above or below 2,000 calories, this value can be used more as a guide to determine if the food has high or low levels of the specified nutrients. A basic reference to determine if a food is high in a particular nutrient would be a value greater than or equal to 20% per serving. Always keep in mind the percent of daily value is also based on the serving size, so if you are eating more than the listed serving size you will need to adjust the daily percentages accordingly.

You may also notice that specific nutrients are lacking a daily value percentage (trans fat, sugars, and protein), as there is currently no consensus on recommended intake of these nutrients.

## Ingredients

Ingredients are listed in order by weight, so the first items on the list make up the bulk of the food. Look for foods containing unprocessed, recognizable ingredients.

**PROACT**  
PHARMACY BENEFIT MANAGEMENT