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STAY HEALTHY AND WELL WITH INFORMATION FROM CIS BENEFITS!

March 2017

EVERY BITE COUNTS

March is National Nutrition Month and this year's theme is "Put Your Best Fork Forward!" Eating a healthy diet and being physically active are the key ingredients in achieving a healthy lifestyle.

The important things to remember when attempting a mind shift toward healthier eating choices are:

- Emphasize fruit, vegetables, whole grains, and low-fat or fat-free milk and milk products
- Include lean meats, poultry, fish, beans, eggs and nuts
- Make sure to have a diet low in saturated fats, trans fats, salt (sodium) and added sugars.

If foods are nutrient-rich, there are no "good" or "bad" foods. It's better to think about the balance in your food choices. Choosing more foods that have vitamins, minerals, fiber and other nutrients over foods with higher calories is the balance that you should be looking for.

Variety is the spice of life

Choosing foods from all the food groups will ensure that the balance is met. Fruits and vegetables can be fresh, frozen or canned. Dark, leafy-green vegetables such as kale and broccoli, and orange vegetables like carrots or sweet potatoes are a good start. Vary your protein choices by picking fish, beans and peas in addition to lean poultry or red meat.

Good vs. bad fats

Foods low in saturated and trans fats help reduce your risk of heart disease. Unfortunately, it's not that simple. We need fats and they are an important

The Nutrition Facts Label — Serving Size

Start your label reading adventure by looking at the "serving size." Portion control is an important part of weight management, but food manufactures don't make it easy. Pop-Tarts, for instance, come two to a package. The label says one serving is 200 calories. The catch is that's for one of the two that are packaged together — if you eat both you've consumed 400 calories. Compare your portion size (the amount you eat) to the serving size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label. Find out how many calories are in a single serving. It's smart to cut back on calories if you're watching your weight.

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part of a healthy diet. Rather than adopting a low-fat diet, it's more important to focus on eating beneficial "good" fats and avoiding harmful "bad" fats. Choose foods with "good" unsaturated fats, while limiting foods high in saturated fat. And remember to always try and avoid foods with "bad" trans fat.

"Good" unsaturated fats

Monounsaturated and polyunsaturated fats help lower disease risk. Foods high in good fats include nuts, seeds, fish and vegetable oils (such as olive, canola, sunflower, soy, and corn).

"Bad" fats

Trans fats increase disease risk, even when eaten in small quantities. Foods containing trans fats are primarily in processed foods made with trans fat from partially-hydrogenated oil. Fortunately, trans fats have been eliminated from many foods.

"Trans fat is getting lots of bad press, but it is important to keep in mind the 'big fat picture,' which includes lowering total fat, reducing saturated fat, and engaging in an overall healthy lifestyle," Cardiologist Robert Eckel, MD, tells WebMD.

Saturated fats

While not as harmful as trans fats, saturated fats can impact good health and should only be consumed in moderation. Foods containing large amounts of saturated fat include red meat, butter, cheese, and ice cream.

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Decoding a Nutrition Label

Remember when you were a kid and you'd wait for a week to reach the magic decoder ring at the bottom of the box? It would be great if today's nutrition labels could simply decode what's inside our food. Happily, we're here to decode them for you!

- **Fortified, enriched, added, extra, and plus.** This means nutrients such as minerals and fiber have been removed and vitamins added in processing. Look for 100 percent whole-wheat bread, and high-fiber, low-sugar cereals.
- **Fruit drink.** This means there's probably little or no real fruit and a lot of sugar. Instead look for products that say "100% Fruit Juice."
- **Made with wheat, rye, or multigrains.** These products have very little whole grain. Look for the word "whole" before the grain to ensure that you're getting a 100 percent whole-grain product.
- **Natural.** The manufacturer started with a natural source, but once it's processed the food may not resemble anything natural. Look for "100% All Natural" and "No Preservatives."
- **Organically grown, pesticide-free, or no artificial ingredients.** Trust only labels that say "Certified Organically Grown."
- **Sugar-free or fat-free.** Don't assume the product is low-calorie. The manufacturer compensated with unhealthy ingredients that don't taste very good and - here's the kicker - have no fewer calories than the real thing.

