



VOLUME 22, NUMBER 4

February 2017



**ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE**

This newsletter is produced by the *Nutrition Education Network of Washington* to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

STAFF

Kathleen Manenica, MS, CN
Executive Editor
Branding & Communication Initiative
WSU SNAP-Ed
253-445-4598
manenica@wsu.edu

Martha Marino, MA, RDN, CD
Writer
206-817-1466
martha_marino@yahoo.com

SUBSCRIPTION INFORMATION

Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Kathleen Manenica, WSU Puyallup, 253-445-4598, e-mail manenica@wsu.edu.

To access past issues, go to <https://nutrition.wsu.edu/energize-newsletter/>

Energize is a publication of the *Nutrition Education Network of Washington*, whose staff is responsible for its content.



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This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

We value your opinions - please fill out our short questionnaire!

Please take a few minutes to provide your input. We conduct a survey of our readers biennially to assure the *Energize Newsletter* is meeting both your needs and ours. Because the survey is required by the funder, all recipients need to complete it to continue receiving future issues.

All information is confidential.

To complete this short survey, please click [here](#).

This Month's Focus: *The New Nutrition Facts Label*

In May 2016, the Food and Drug Administration (FDA) announced the final rule to modernize the Nutrition Facts Label that appears on packaged foods. It's been a long time coming! The original label began in 1993, and what people eat – especially serving size – has changed since then. The purpose behind the revamp is to help people make informed decisions about the foods they eat and feed their families. As nutrition educators, we have used nutrition labeling in our programming for many years. Our methods will need to change as the label changes on nearly all packaged foods in the country. This issue of the *Energize Newsletter for Nutrition Educators* reviews key updates, the rationale behind them, and useful resources.



First: Who, What, When, and Why – All manufacturers of packaged, canned, and bottled foods and beverages must comply with the new rules. Most will be required to use the new label by July 26, 2018. Smaller-scale manufacturers with less than \$10 million in annual food sales get an extra year. The new labels are intended to help consumers follow the 2015-2020 Dietary Guidelines for Americans, particularly to prevent obesity and heart disease.

Local Nutrition Expert's Advice to Nutrition Educators – Dr. Marian Neuhouser at Fred Hutchinson Cancer Research Center served on the 2015-2020 Dietary Guidelines Advisory Committee. This group of national experts reviewed evidence-based research that was used by USDA/DHHS to create

the guidelines. The new labels will reflect that scientific evidence for nutrients that are over-consumed (such as sodium, total fat, and added sugars) and under-consumed (fiber, vitamin D, potassium, and calcium). In an interview with Energize, Dr. Neuhouser advises nutrition educators to talk with clients about the nutrients that are in bold type on the label but also to call attention to nutrients “below the line” that they likely need to increase in their diets (see labels below). Although vitamin D will appear as zero on most foods, except fortified foods such as breakfast cereal, nutrition educators can direct consumers to dairy products and other foods that contain it. Vitamins A and C have been “sunsetting” on the label, which nutrition educators had used to promote fruits and vegetables, she says we should guide people to “Just eat more. Make sure fruits and vegetables are in your cart.” Fresh fruits and vegetables are not required to be labeled, but when packaged, she cautions to watch for sodium in vegetables and added sugars in fruit. (Contact: Marian Neuhouser, PhD, RDN, Fred Hutchinson Cancer Research Center, 206-667-4797, mneuhaus@fredhutch.org.)

What about Meat and Poultry? The USDA, not FDA, regulates meat and poultry and is responsible for their labels. On January 19, USDA’s Food Safety and Inspection Service published its [proposed regulations](#) in the Federal Register, with the intent of aligning Nutrition Facts Labels for these products to be in parallel with FDA’s new label. The public has 60 days to comment.

KEY CHANGES from the Current Label to the New Label –

Calories: Consumers want to know the amount of calories in a food they might choose, particularly in managing their weight. FDA wants this to stand out on the new label. The font must be bolded and larger, increasing it from roughly 22-point font to 80-point font.

Serving Size: The amount of a given food that Americans currently eat has increased since the last serving size requirements were published in 1993. By law, the Nutrition Labeling and Education Act of 1990 requires that serving sizes be based on what people actually eat, not what they “should” eat. Amounts for many foods have been increased. On the label, the size of the type will be larger and bolded.

Servings Per Container: Package size influences how much people eat, such as a 20-ounce soda or a 15-ounce can of soup. For packages that are between one and two servings, the calories and nutrients of the entire package will be labeled as one serving. That’s how much people typically consume in one sitting. The type size for servings per container will be larger on the new label.

Dual columns: If a food product that could be consumed in either one sitting or multiple sittings, it must indicate calorie and nutrition information “per serving” and “per package” (or “per unit”). Examples include a pint of ice cream and a 3-ounce bag of chips. This enables people to easily understand how many calories and nutrients they get if they eat or drink it all at one time.

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	1g		
Protein	3g		
<hr/>			
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	
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	
<hr/>	
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.	

Changes in List of Vitamins and Minerals – On the label, below the value for protein is a heavy black bar, and under that four important vitamins and minerals are listed. These have changed somewhat from the original nutrition label, and now include vitamin D, calcium, iron, and potassium. Of these, three are “nutrients of public health concern” that are underconsumed by Americans: vitamin D, calcium, and potassium. (The fourth nutrient of concern is fiber, which is listed above the bar along with carbohydrate.) The 2015-2020 Dietary Guidelines caution that a shortfall of these nutrients can put people at greater risk for chronic disease. In addition to the %DV, manufacturers will now be required to declare the actual amount for vitamins and minerals.

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Added: Vitamin D and Potassium – These two nutrients are new to the nutrition label because of their importance in disease prevention.

Same: Calcium and Iron – These two minerals will continue to be on the label.

Dropped: Vitamins A and C – Neither of these vitamins will be required on the new label because deficiencies are rare. However, food manufacturers may voluntarily include the %DV and actual amounts.

Daily Values (DVs) – Daily Values are the reference amounts of nutrients to consume or to not exceed. For the new label, extensive changes in the DVs were made for many nutrients in order to be consistent with the Institute of Medicine’s recommendations and the 2015-2020 Dietary Guidelines. Certain nutrients are mandatory to be on the label, but manufacturers may voluntarily include others. DVs have been established for both types. Of the mandatory nutrients, the %DV were changed for seven of them, including dietary fiber and sodium. An abbreviated footnote will be added to better explain the %DV to consumers. It will read, “The % Daily Value 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.” ESHA Research, the producer of nutrition database software, has a useful side-by-side [chart of changes](#) in %DV for mandatory and voluntary nutrients at, a summary of nutrients whose %DV have increased and those that have decreased.

Added Sugars – For the first time, the %DV of added sugars must be included on the label. Directly below the “Total Sugars,” consumers will find not only the %DV but the amount of sugars (in grams) per serving. “Added sugars” refers to sweeteners added during manufacturing, not to sugars naturally present in food such as fruit or milk.

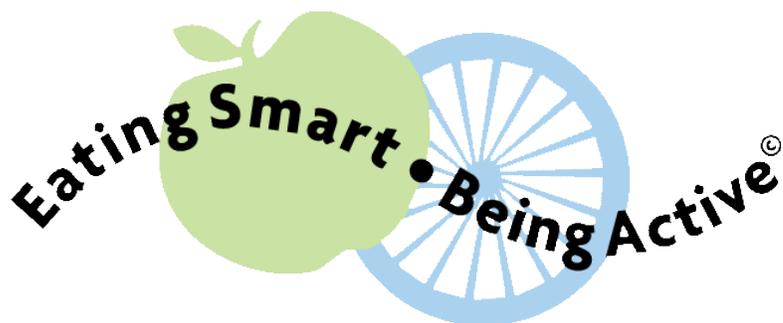
According to the FDA, data shows that it’s difficult to meet nutrient needs while staying within calorie limits if someone consumes more than 10% of total calories from added sugars. Since the reference diet used to calculate %DV is 2000 calories/day, the recommended maximum amount of added sugars is 50 grams. This thinking is consistent with the scientific evidence supporting the 2015-2020 Dietary Guidelines for Americans.

The Sugar Association, representing members of the US sugar industry, has opposed listing added sugars. It [claims](#) that a link between a certain amount of sugar and health outcomes is not based on sufficient science.

Calories from Fat – Research shows that the type of fat is more important than the amount, so this will be removed. Total Fat, Saturated Fat, and Trans Fat will still be required.

IN THE MEDIA

Nutrition Facts Label and the 45th US President – It’s too soon to tell what impact President Trump’s and Republican Congress will have on the Nutrition Facts Label. The Trump Administration’s regulatory freeze could significantly impact how the Nutrition Facts Label’s final rule is interpreted and enforced, [food and drug attorneys warn](#). The administration could consider pushing back the compliance date. It could impact guidance on how the FDA will handle fiber and added sugar, even though the regulations were finalized and approved well before the current administrations [new order](#). Under the Obama Administration, the FDA conducted exhaustive research to update the labels, and the final rule was [announced in May 2016](#) by then-First Lady Michelle Obama.



TOOLS OF THE TRADE

New Nutrition Label in *Eating Smart, Being Active* – The new Nutrition Facts Label will appear in the updated curriculum *Eating Smart, Being Active*, according to Katie McGirr at Colorado State University Extension. This evidence-based nutrition education and obesity prevention curriculum is widely used in Washington State with low-income clients. The third lesson of the curriculum, “Plan, Shop, Save,” includes meal planning, grocery shopping, and label reading content.

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Katie says that the revised version of the lesson plan will use the new Nutrition Facts Label for the label-reading activities. The new label is used for all label-reading activities throughout the curriculum, which are included in other lessons as well. She anticipates that by mid-March they will be ready to take orders. For background, see [Eating Smart, Being Active](#). (Contact: Kathryn McGirr, MS, RDN, Research Associate III – EFNEP, RNECE-West Center Manager, Colorado State University Extension, Department of Food Science and Human Nutrition, 970-491-3642, Kathryn.McGirr@colostate.edu.)

Handy Links About FDA's Nutrition Facts Label –

- [Highlights](#)
- [Infographic showing what's new](#)
- [Slides from FDA's presentation](#)
- [Comparison of pre-existing and new labels](#)
- [Final rule](#)

WASHINGTON GROWN

Fresh This Month – Fresh, locally grown veggies can seem like “slim pickin’s” in Washington State’s wintery February. A [handy chart](#) from the Washington State Department of Agriculture shows that you can indeed find more local veggies than you might think: beets, Brussels sprouts, carrots, celery root (celeriac), kale, leeks, mizuna, onions, parsnips, potatoes, sunchokes (Jerusalem artichokes), sweet potatoes (yams), turnips, and winter squash (acorn, butternut, hubbard). If you like root vegetables, this is the month for you!

DID YOU KNOW?

Did Brussels Sprouts Really Originate in Brussels? They likely came from the Mediterranean region, but were first cultivated in what is now Belgium back in the 13th century. From there they spread in popularity to the Netherlands and Germany (both currently big European producers), and France. French settlers brought Brussels sprouts to America, and most US crops are grown in California, New York, and right here in Washington State’s Skagit Valley. Brussels sprouts are an excellent source of vitamins C and K (a caution for patients taking anticoagulants not to eat excessive amounts), and a wide variety of other nutrients.



EAT TOGETHER EAT BETTER – Family Meals Focus

Because our readers have told us that Family Meals is a hot topic, in the May 2011 issue we began a small section on recent news relating to this topic and our long-standing signature program, Eat Together, Eat Better.

Family Meals and Teens’ Emotional Health – Frequent family meals appear to protect teens from depression, especially girls. In a nationally represented study of 8,500 adolescents, eating together was associated with fewer emotional difficulties and better emotional well-being. The study’s authors write, “Health and nutrition professionals may consider promoting family meals as a means to engage positively with families, promote good nutrition, and encourage stronger family relationships.” (Source: J Utter et al, “Family meals and adolescent emotional well-being: Findings from a national study.” *Journal of Nutrition Education and Behavior*, 49(1):67-72, 2017.)

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