

Upcoming Committee Meetings

**MARK YOUR
 CALENDAR!**

February 15, 2018 at 3:30 p.m. is the next Walk Across Texas Taskforce meeting. April 23, 2018 at 3:30 p.m. is the next Family and Community Health/Better Living for Texans Committee meeting. Both meetings will be at the Extension Office. Remember we still need to recruit new members with an interest in family and community health.

Overview of the NUTRITION FACTS LABEL

Why the Change?

- Current label is over 20 years old
- Based on updated scientific information
- Feedback from dietary recommendations from expert groups

Importance of the Label

- Aid in making healthy food choices
- Serving sizes allow for nutritional comparisons
- Specific nutrients for those with health concerns
- How does this food item fit in my daily meal plan?

NEW LABEL / WHAT'S DIFFERENT

<p>Servings: larger, bolder type</p> <p>New: added sugars</p> <p>Change in nutrients required</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2">Nutrition Facts</th> </tr> </thead> <tbody> <tr> <td colspan="2">8 servings per container</td> </tr> <tr> <td>Serving size</td> <td>2/3 cup (55g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td>Calories</td> <td>230</td> </tr> <tr> <td colspan="2" style="text-align: right;"><small>% Daily Value*</small></td> </tr> <tr> <td>Total Fat 8g</td> <td style="text-align: right;">10%</td> </tr> <tr> <td>Saturated Fat 1g</td> <td style="text-align: right;">5%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 160mg</td> <td style="text-align: right;">7%</td> </tr> <tr> <td>Total Carbohydrate 37g</td> <td style="text-align: right;">13%</td> </tr> <tr> <td>Dietary Fiber 4g</td> <td style="text-align: right;">14%</td> </tr> <tr> <td>Total Sugars 12g</td> <td></td> </tr> <tr> <td>Includes 10g Added Sugars</td> <td style="text-align: right;">20%</td> </tr> <tr> <td>Protein 3g</td> <td></td> </tr> <tr> <td colspan="2"><hr/></td> </tr> <tr> <td>Vitamin D 2mcg</td> <td style="text-align: right;">10%</td> </tr> <tr> <td>Calcium 260mg</td> <td style="text-align: right;">20%</td> </tr> <tr> <td>Iron 8mg</td> <td style="text-align: right;">45%</td> </tr> <tr> <td>Potassium 235mg</td> <td style="text-align: right;">6%</td> </tr> </tbody> </table> <p><small>*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.</small></p>	Nutrition Facts		8 servings per container		Serving size	2/3 cup (55g)	Amount per serving		Calories	230	<small>% Daily Value*</small>		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%	<p>Serving size: updated</p> <p>Calories: larger type</p> <p>Updated daily values</p> <p>Actual amounts declared</p> <p>New footnote</p>
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KEEP CALM AND REPORT ON

Congratulations to Pat Pierson for reporting nine January hours! Master Wellness Volunteers visit <http://agrilife.org/mwv/> by the 2nd of each month to enter your hours.

More on the Nutrition Facts Label (NFL)

FOOD SERVING SIZES GET A REALITY CHECK

Serving Size Changes

What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.



Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.



Yellow - Caution, Check Out!

Blue - Remember

Red - Stop! Eat Less

Green - Go! Eat More

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.

Original 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 1g	
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

New 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	
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Timetable for Change

- Compliance dates for Nutrition Facts Label and Serving Size final rule extended to January 1, 2020
- Includes manufacturers with \$10 million or more in annual food sales
- Manufacturers with less than \$10 million in annual food sales have an extra year to comply

2018 FCH/BLT Volunteer Opportunities

Feel free to volunteer for as many opportunities as you wish. Here is what you signed up for so far:

- ⇒ **Health Talk Express 30 Minute Talks at Catholic Charities**-February 15 (Stress Less); 9:30 a.m. (*presenters and facilitators needed*)
- ⇒ **Car seat inspections**—February 12, March 2 from 9:00-3:00 p.m. at the Extension Office (*technician-Priscilla & Julie; scribe-Connie*)
- ⇒ **BLT classes & food demos at Lincoln Recreation Center**-3rd Tuesdays of each month; February 20, March 20, April 17; 10:00 a.m. (*facilitators needed; contact Katie Cook at Katie.Cook@ag.tamu.edu*).
- ⇒ **Health Talk Express 30 Minute Talks at Lincoln Recreation Center**-February 13 (Stroke Awareness-Mary & Connie); March 6 (Cancer Facts-Mary, Connie, and Priscilla); March 15 (Preventing Diabetes-Mary & Connie); April 9 (Senior Health-Mary & Connie); April 16 (Medicine Smart-Mary & Connie) 10:00 a.m. (*presenters and facilitators filled*)
- ⇒ **Health Talk Express 30 Minute Talks at Southwood Community Center**-March 28 (Get Screened-Pat & Sue); April 11 (Preventing Diabetes-Sara, Priscilla, & Pat); April 18 (Cholesterol-Priscilla; Flora not available); May 23 (Blood pressure-Sara; Flora not available); May 30 (Stroke Prevention); June 13 (Stress Less); June 20 (Senior Health); July 18 (Be Medicine Smart); 10:00 a.m. (*presenters and facilitators needed*)
- ⇒ **Diabetes classes**— Do Well Be Well with Diabetes classes Tuesday's in April/May; April 3, 10, 17, 24 & May 1 from 12:00 to 1:15 p.m.; AgriLife Extension South Campus 1470 William D. Fitch Parkway, Room 174 College Station (*facilitators—Mary & Sue and instructors-Barb & Flora needed*)
- ⇒ **All Star Childcare Conference**-August 11; Brazos Center; 8:00 - 4:00 p.m. (*presenters—Julie, Sara, Mary, Priscilla, and Martha*)
- ⇒ **Judges for County Fairs** -June 1&2 (Grimes County, Navasota- Julie, Connie, Mary); September 14&17 (Washington County, Brenham-Mary); September 25 (Burlison County, Caldwell-Mary); October 9 (Austin County, Bellville)
- ⇒ **Pizza Ranch**—October 10-11, 2018; Brazos County Expo Center; 9:00 a.m.- 2:30 p.m. (*help with manning food safety and MyPlate Booth, serving pizza—Julie, Sara, Connie, Mary*)
- ⇒ **Extension Volunteer Appreciation Luncheon**—November 5; Brazos County Expo; 12:00; everyone please attend.

Final notes

Save the Dates: March 9 Dinner Tonight Healthy Cooking School & April 12 for Early Head Start annual event

Thank you Barb for presenting Health Talk Express (HTX) on Stress: Friend or Foe? to Head Start and your WAT! involvement.

Thank you Pat and Sue for your WAT work finding sponsors!

Congratulations Connie & Mike on your anniversary!

Thank you Sara for presenting Health Talk Express (HTX) on the Power to Prevent Diabetes and your WAT work.

Thank for attending the FCH/BLT Committee Meeting: Martha, Sara, Pat, Julie, Barb, Kendall, and Sue!

Thank you Julie for doing passenger safety education/car seat installations and the

Thank you Mary for your WAT involvement!

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