

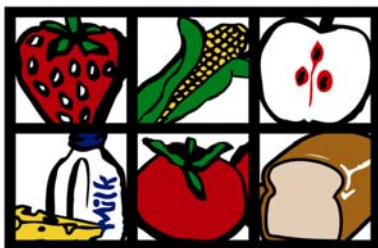
Fall 2013

EAT SMART NEW YORK!



Use MyPlate as a guide for planning meals. Make half of your plate vegetables and fruits, and make it affordable by eating seasonal produce.

Eat Smart New York!



Eat Better For Less!

To Locate an Eat Smart New York Educator in your area visit our website:

<http://www.otda.ny.gov/programs/nutrition/contacts.asp>

Or Call:

1-800-343-8859

X 2-3008



Energy Balance: A Challenge for All

Energy balance means that the calories we eat or drink are about the same as the calories that we burn off through activity. When we consistently eat and drink more calories than we burn off, we gain weight. When we consistently eat or drink fewer calories than we burn off, we lose weight.

Physical activity and food choices are both important parts of energy balance.

- * Find ways to be active for at least 30 minutes a day most days of the week.
- * Choose foods and drinks that give you great nutrition without extra calories from added fat and sugar. This newsletter will give you easy ideas for how to reach these goals.

What You Can Do

Ways to be more active!

- Take your pets for a longer walk.
- Do leg lifts or march in place during TV commercial breaks.
- Take the stairs whenever you can.
- Park away from the store entrance and walk across the parking lot.
- Make phone calls while going for a walk.
- Don't have half an hour free? See if you can fit in 10-minute blocks of active time 3 times a day, or 15-minute blocks of active time twice a day.

Ideas to cut out extra calories!

- Choose options that are low in added sugar and fat.
- Make at least half of your plate vegetables and fruit, prepared in healthy ways.
- Choose lower-fat dairy options, like part-skim cheese and low fat yogurt.
- When in doubt, choose the least processed option. Products are made more appealing by adding fat and/or sugar.
- Choose the leanest meats and trim off excess fat and skin before eating.
- Keep the sugar bowl and butter dish off the table.

Using the Nutrition Facts Label

Use the **nutrition facts label** and the ingredients list to make food choices that are high in nutrients without extra fat or sugar.

Look at the serving size and the calories. If the serving size is smaller than you would really eat, then multiply the calories as necessary. If the calories seems high, try to pick a lower-calorie option. For example, 1 cup of cereal may range from 100-300 calories.

Look at the total grams of fat per serving. Then look to the right of that number for “% Daily Value” or “% DV”. Your best choices will be lower than 5% DV for fat.

Look for total carbohydrate, dietary fiber and sugar per serving.

A rule of thumb for fat and carbohydrate: DV of 5% or less is ‘low’; 20% indicate this is “high”.

Sample label for Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* 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	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

Eat Better for Less!

Cornell Cooperative Extension

Herkimer County

5657 State Route 5

Herkimer, NY 13350

(315) 866-7920

herkimer@cornell.edu



Eat Smart

and

Be Active!