

Nutrition Facts Label

What Do All These Numbers
Mean to YOUR Health

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Diabetes

....

**Is just like
cell
phones...**

...

**Everyone
needs an
upgrade
from time
to time.**



Just like cell phones.....



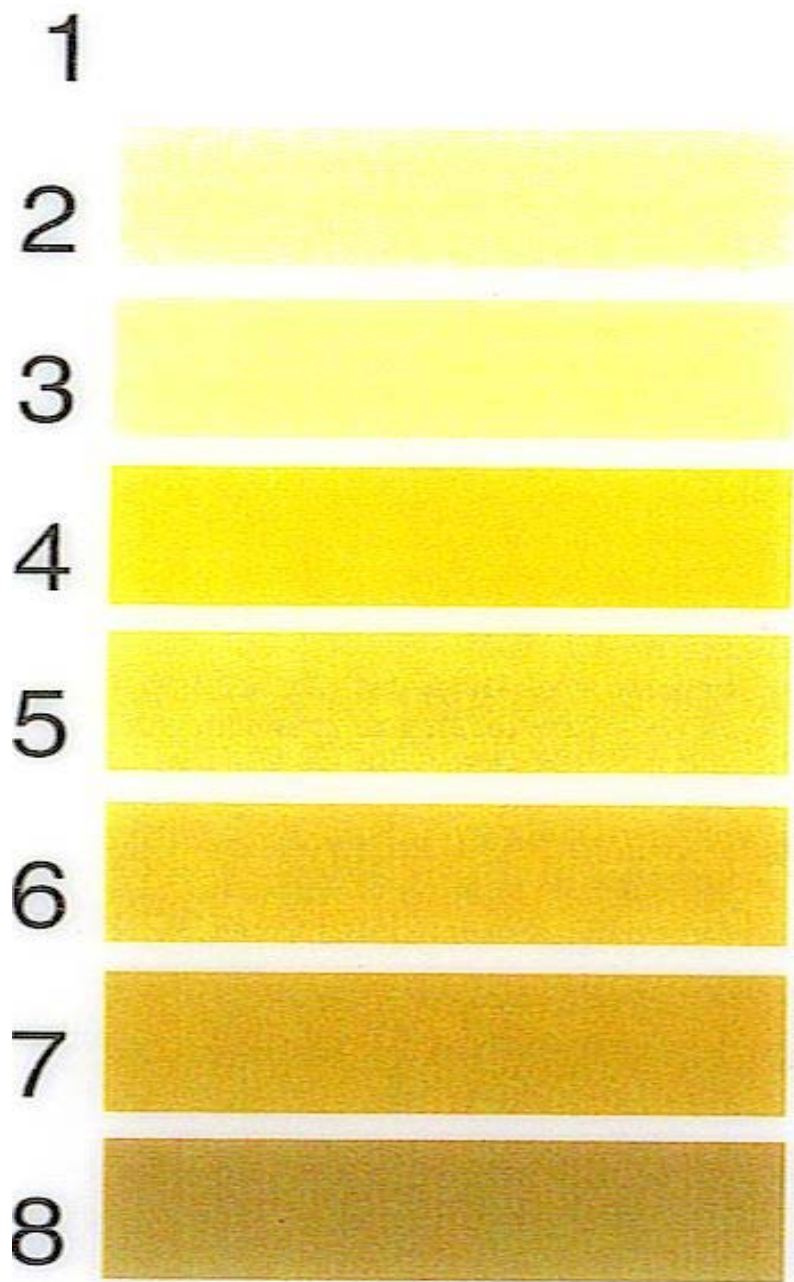
**The most
important
nutrient...**

WATER

**Bathroom
8-10
times/day**

**Clear
urine**





The Urine Color Chart shown here will assess your hydration status (level of dehydration) in extreme environments. To use this chart, match the color of your urine sample to a color on the chart. If the urine sample matches #1, #2, or #3 on the chart, you are well hydrated. If your urine color is #7 or darker, you are dehydrated and should consume fluids.

The scientific validation of this color chart may be found in the *International Journal of Sport Nutrition*, Volume 4, 1994, pages 265-279¹⁹⁴ and Volume 8, 1998, pages 345-355.¹⁹⁵ Adapted by permission from Larry Armstrong, 2000, *Performing In Extreme Environments*, (Champaign, IL: Human Kinetics).¹⁹⁶

All About Serving Size

The serving size tells you what the product contains as far as:

Calories
Total Fat
Cholesterol
Sodium
Total Carbohydrate
Protein

PLEASE do not fall for the super size deals.
They aren't a deal to your overall health.

Nutrition Facts

Serving Size 1/2 cup (57g)

Servings Per Container 15

Amount Per Serving

Calories 230 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 32g **11%**

Dietary Fiber 3g **12%**

Sugars 18g

Protein 5g

Vitamin A 0% • **Vitamin C 0%**

Calcium 4% • **Iron 10%**

*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	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Calories

(per serving size)

Before knowing what the calories mean to you....first you must know how many calories/day you need to consume.

The most accurate way to determine this is to have your metabolism measured. This is done using a metabolic cart.

The oxygen you breathe in and the carbon dioxide you breathe out is your metabolism.

Metabolism varies from person to person and is dependent on age, gender, activity, medications, stress, etc.

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Calories/day

One formula to consider:

1. How much do you want to weigh?
2. Add a zero to that number.
3. This is minimum
4. If you want more calories you need to earn them!!!

The scale **does not** tell you how fat you are. It tells you what you weight.

How to calculate your calories/day:

1. How much do you want to weigh.
2. Add a zero to the number.
3. This is the minimum amount of calories you need/day to weigh what you want.
4. IF you want more calories.....then you must earn them!!!! EXERCISE.



Total Carbohydrates

Carbohydrates are fuel for your body. Your brain needs a minimum of 130 grams/day.

ALL carbohydrates turn to glucose (aka sugar) this includes fruits, vegetables, grains, cereals, breads, pastas, and processed foods.

The goal is to minimize the amount of glucose coming from processed foods!!!

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Minimum Amounts of Carbohydrates/day

Calories/day

Carbohydrates/day

1200 calories/day

150 gm.

1400 calories/day

175 gm.

1600 calories/day

200 gm.

1800 calories/day

225 gm.

2000 calories/day

250 gm.

130 grams of Carbohydrate

The brain prefers glucose (sugar) for energy.

Carbohydrates

processed in a factory are not as good for your health as unprocessed.

Eg: fruit juice vs. real fruit

130 grams: 1 bagel = 45 grams

3 fruits = 45 grams

2 vegetables = 30 grams

Daily requirements above 130 gm/day are dependent on your energy requirements.

Let's talk FAT

Total Fat

Saturated Fats

Trans Fats

Diabetes Self Management

25% - 30% of calories should come from fat.

Fat is an essential nutrient because it provides an essential fatty acid, linoleic.

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Total Fat gm/day

Based on number of calories:

1200 calories

33 gm. fat

1400 calories

39 gm. fat

1600 calories

45 gm. fat

1800 calories

51 gm. fat

2000 calories

57 gm. fat

Cholesterol

Blood cholesterol levels are influenced by the saturated fat in your diet. Not so much the cholesterol in your food.

200 mg/day if you have heart disease.

300 mg/day if you don't.

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Salt (aka sodium)

2500 mg/day (1 tsp.)

“Sodium free”

5 mg or less/serving

“Very low sodium”

35 mg or less/serving

“Low sodium”

140 mg or less/serving

“Reduced sodium”

At least 25% less sodium than the regular version of same product

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Protein

- Is essential to build and repair muscle tissue. About 10% of your protein can be used during strenuous exercise.

If you do not eat enough **Total Carbohydrates** to provide energy for the brain, your body will use the protein for energy and you will lower your metabolism.

Women: 45 g/day

Men: 60 g/day

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Fiber

Need about 33 grams/fiber/day.

Soluble fibers attract water and form a gel, which slows down digestion. Soluble fiber delays the emptying of your stomach and makes you feel full, which helps control weight.

Sources of soluble fiber: oatmeal, oat cereal, lentils, apples, oranges, pears, oat bran, strawberries, nuts, flaxseeds, beans, dried peas, blueberries, psyllium, cucumbers, celery, and carrots.

Insoluble fibers do not dissolve in water, so they pass through the gastrointestinal tract relatively intact, and speed up the passage of food and waste through your gut.

Sources of insoluble fiber: whole wheat, whole grains, wheat bran, corn bran, seeds, nuts, barley, couscous, brown rice, bulgur, zucchini, celery, broccoli, cabbage, onions, tomatoes, carrots, cucumbers, green beans, dark leafy vegetables, raisins, grapes, fruit, and root vegetable skins.

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Sugar

Notice that it's part of the **Total Carbohydrate!!!** Not separate.

Processed sugar has been added to the product for flavor and to increase the shelf life.

DO NOT count the sugar.

Count the **Total Carbohydrate**.

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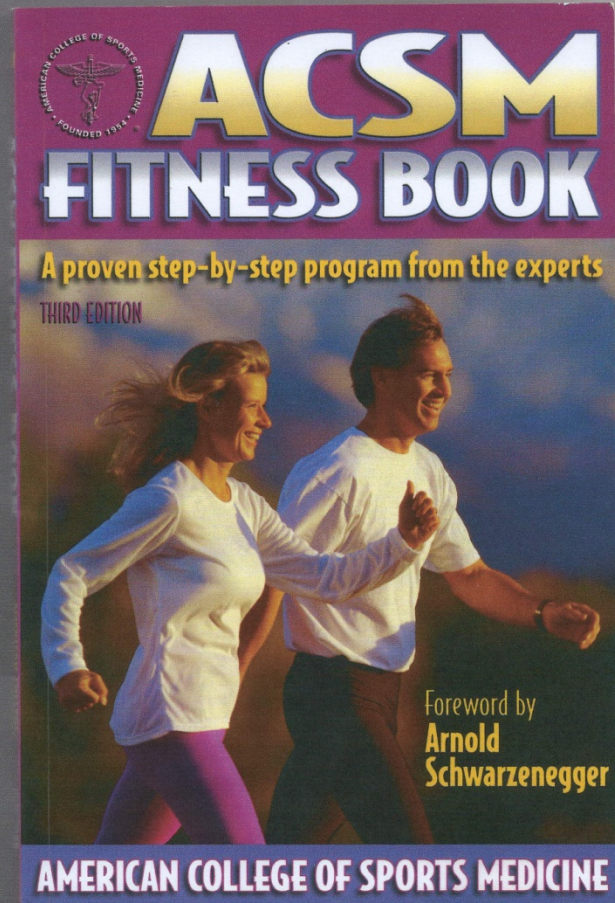
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Just How FIT are YOU?

Reference Manual

- The American College of Sports Medicine is a national resource use use to set fitness criteria.
- Their manual, the “ACSM Fitness Book, 3rd Edition “ can be purchased through Amazon.com for less than \$15.
- There are four components to fitness and each is clearly outlined in excellent detail throughout the book.



Please don't forget

The scale does not tell you how fat you are.
Everyone has a metabolism. It can be measured.

Total Carbohydrates are what you count.
NOT sugars

**Everyone needs to sweat and
smell daily.**