

In This Issue

→ How to Read a Nutrition Facts Label: Old vs. New

Recipe

✓ Grilled Summer Fruit Skewers



RD Corner

Hello! My name is Marissa Thorsen and I am your school Registered Dietitian. My main goals are to teach students lifelong healthy eating habits and to keep you in the loop on food and nutrition news. If you have any questions or comments, feel free to contact me at:
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Let's Get Cooking...

Grilled Summer Fruit Skewers

Turn summer's best into a dessert that will definitely impress.

Ingredients
Yields: 8

Ingredients:

6 peaches, sliced
1 pt. Strawberries, sliced
1 pineapple, cut into large cubes
8 skewers, soaked in water for 20 minutes
Extra-virgin olive oil, for drizzling
kosher salt
Honey, for drizzling
Directions



Directions:

1. Preheat grill to medium-high. Skewer peaches, strawberries, and pineapple. Drizzle with olive oil and season with salt.
2. Grill, turning occasionally, until fruit is tender and slightly charred, 10 to 12 minutes.
3. Drizzle with honey.

Recipe Adapted from: Delish.com



How to Read a Nutrition Facts Label

Start with the Serving Size

- Look here for both the serving size and the number of servings in the package.
- Compare your *portion* size (the amount you actually eat) to the *serving* size listed on the panel.

Check Out the Total Calories

- Find out how many calories are in a single serving.

The High and Low of Daily Values

- Low is 5 percent or less. Aim **low** in saturated fat, *trans* fat, cholesterol and sodium.
- High is 20 percent or more. Aim **high** in vitamins, minerals and fiber..

Additional Nutrients

- **Protein**

A percentage Daily Value for protein is not required on the label.

- **Carbohydrates**

There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

- **Sugars**

Simple carbohydrates, or sugars, occur naturally in foods such as fruit juice (fructose) and milk (lactose) or come from refined sources such as table sugar (sucrose) or corn syrup. Added sugars will be included on the Nutrition Facts label in 2018.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first.

Original Label	New Label																												
<p>Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <hr/> <p>Amount Per Serving Calories 230 Calories from Fat 72</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 8g 12% Saturated Fat 1g 5% <i>Trans</i> Fat 0g</p> <p>Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 1g</p> <hr/> <p>Protein 3g</p> <hr/> <p>Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small></p> <table border="0"> <tr> <td></td> <td>Calories:</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table>		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	<p>Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)</p> <hr/> <p>Amount per serving Calories 230</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 8g 10% Saturated Fat 1g 5% <i>Trans</i> Fat 0g</p> <p>Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g Includes 10g Added Sugars 20%</p> <hr/> <p>Protein 3g</p> <hr/> <p>Vitamin D 2mcg 10% Calcium 260mg 20% Iron 8mg 45% Potassium 235mg 6%</p> <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>
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