



ChallengeME MONTHLY MINUTE

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Monthly topic:

Nutrition

HEALTH PROMOTION AND CHRONIC DISEASE PREVENTION

Risk factors for many chronic diseases can begin early in life. Evidence shows that making dietary and lifestyle changes may prevent disease progression and premature death.

Chronic Conditions Related to Diet

1. Heart Disease & Stroke

Heart diseases is the leading cause of death in the U.S., accounting for 1 in 3 deaths. Strokes account for 1 in 18 deaths in the U.S.

2. Obesity

1 in 3 adults in the U.S. is obese. 16% of 6-19 year olds are obese.

3. Cancer

Claims more lives than heart disease and can be caused by obesity, poor diet, and physical inactivity.

4. Osteoporosis

8% of 20+ year old females are affected in the U.S.

5. Diabetes

18+ million U.S. adults were diagnosed with type 2 diabetes in 2008. 12.7% of 12-19 year olds have metabolic syndrome.

New and Improved Nutrition Facts Label

The U.S. Food and Drug Administration has updated the Nutrition Facts label on packaged foods and beverages with a fresh design that will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits.

Size Up Servings

Servings per container and serving size are in larger and/or bolder type and reflect what people eat and drink today.

Consider the Calories

Calories are in a larger, bolder type. The number shows the total number of calories, or "energy," supplied in one serving of the food. In general, 100 calories per serving is considered moderate and 400+ calories per serving is considered high. 2000 calories per day is used as a guide for general nutrition advice.

Use % Daily Value as a Guide

The Daily Values for nutrients have been updated based on new scientific evidence. % Daily Value (DV) tells you how much a nutrient in a serving of the food contributes to a total daily diet. As a guide, 5% DV or less per serving is considered low and 20% DV or more per serving is considered high.

Choose Nutrients Wisely

Required nutrients have been updated and **added sugars** is now required. Aim for *less than 10% of your total daily calories from added sugars*. **Vitamin D and potassium** are now required on the label because many Americans do not get the recommended amounts. Aim for *less than 100% DV* of saturated fat, sodium, added sugar, and trans fat. Aim for 100% DV of dietary fiber, vitamin D, calcium, iron, and potassium.

Nutrition Facts

4 servings per container	
Serving size	1 1/2 cup (208g)
Amount Per Serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	22%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6.3mg	35%
Potassium 282mg	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.

Health Now

Did you know there are health-related podcasts on WebMD? WebMD senior health editor Carrie Gann discusses the latest news and trends, interviews leading experts, and shares simple live-better tips. webmd.com/podcasts

Join us for Nutrition Tic-Tac-Toe

WHAT: Complete nutrition challenges to get 3 in a row
WHEN: The entire month of March!
SIGN UP: Download sheets at mainedot.gov/challengeme
MORE INFO: See Janice Arsenault or your health coach

Take the 21-Day Yoga Challenge!

WHAT: 25-minute yoga classes
WHEN: March 4 - March 21
WHERE: Online
COST: Free!
MORE INFO: Visit wanderlust.com



This Month

- 14th: Pi Day!
- 17th: Saint Patrick's Day 
- 20th: First day of spring
- 25th: Nutrition Trends Lunch & Learn HQ Room 216, 11:30-12:30

Maine General Classes
sign up at mainegeneral.org

- 4th: Eat Healthy & Manage Cravings
- 11th: Living Well with Diabetes
- 20th: Nutrition for Cancer Survivors

Coming Up April: Move More

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilas@maine.gov