



Welcome to Nutrition Talk!

Week 3

Tuesday, October 18, 2016

# Starter Pack: The Glory Years



# Example

The I'm a College Student Starter Pack.



# Mission Statement

- “We are Healthy Aggies, a \_\_\_\_\_ education program run by students, for students, and supported by UC Davis Dining Services Sustainability and Nutrition Office. Our mission is to teach and encourage healthy eating on and off campus – be it the DC, downtown, or home. Using \_\_\_\_\_-based evidence and administering nutrition education events, we want to inspire our peers to not only make more mindful choices but to make them a habit for a healthy lifestyle.”



# Debrief



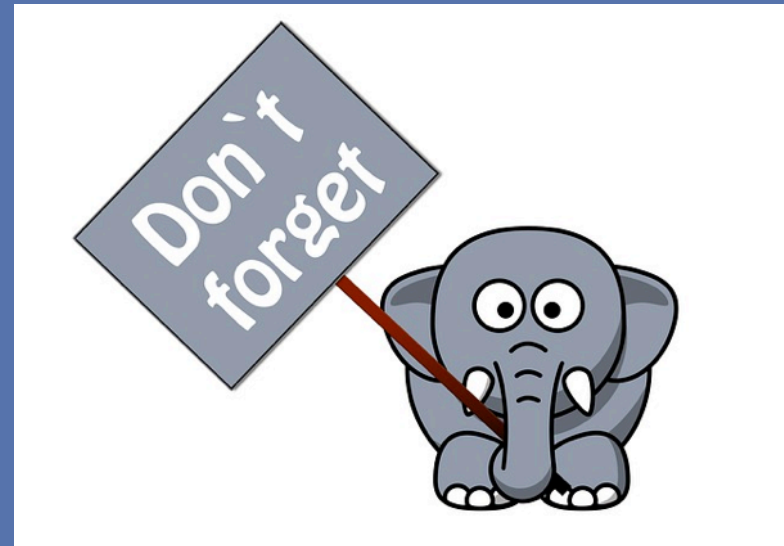


You Guys Rock! 🤘



# Friendly Reminders

- Nametags
- 15 minute break
- Setting up/closing down
- Smile



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# Next Week's Topic: More Than Just a Label

<b>Nutrition Facts</b>			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
<b>Amount Per Serving</b>			
<b>Calories</b> 230	Calories from Fat 72		
		<b>% Daily Value*</b>	
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 160mg			<b>7%</b>
<b>Total Carbohydrate</b> 37g			<b>12%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 1g			
<b>Protein</b> 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

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 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.	

# More Info

## 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.



1 SERVING PER BOTTLE  
FOR EITHER BOTTLE SIZE

# Trendy Scholarly Tip

Google

heart disease site:.org



Google

heart disease site:.edu type:.pdf



# Words of Wisdom

- “We cannot change the cards we are dealt, just how we play the hand.”

-Randy Pausch