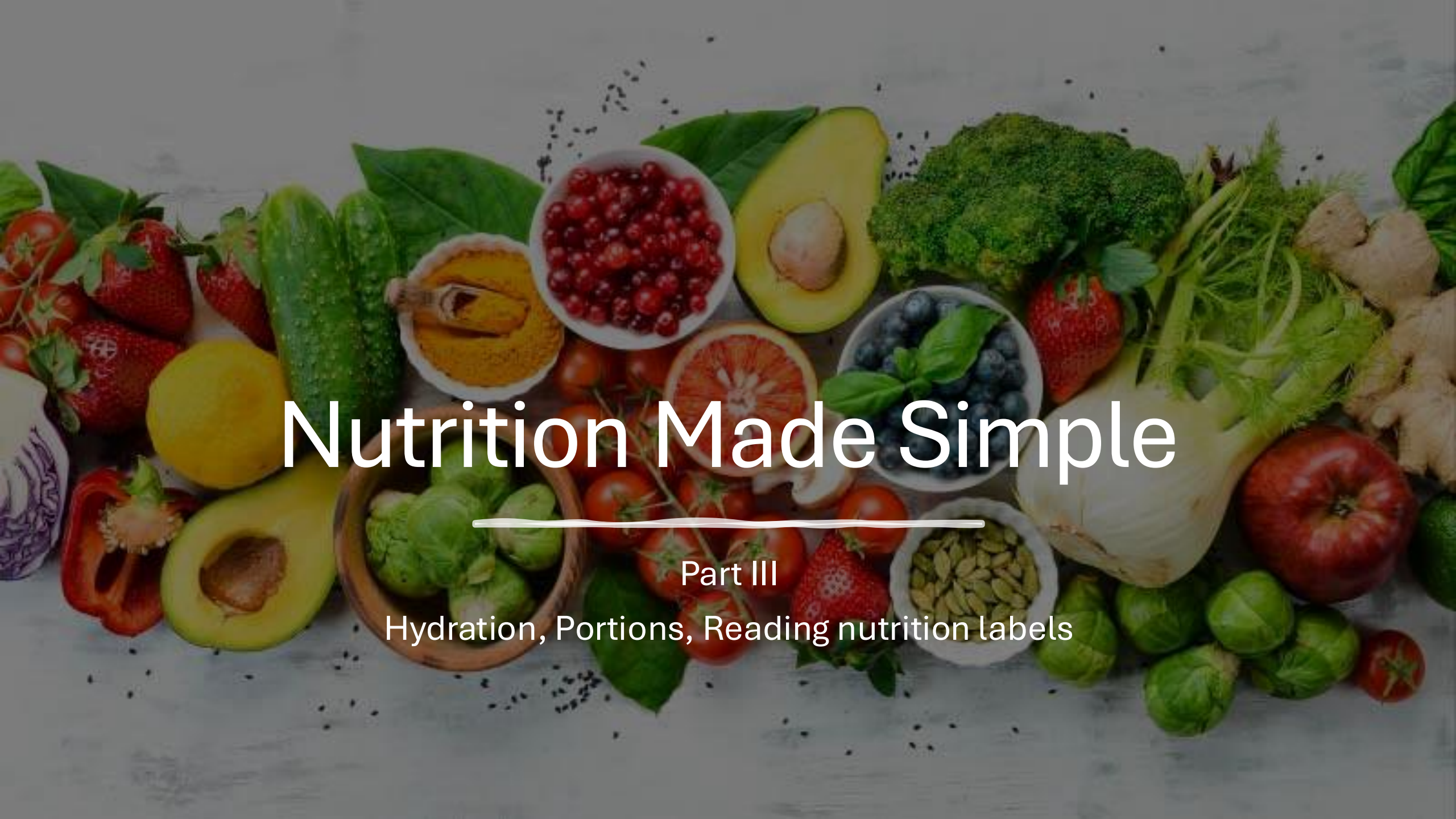




Nutrition Made Simple

Part III

Hydration, Portions, Reading nutrition labels

A sequence of four glasses showing water being poured into them. The water is captured in mid-pour, creating dynamic splashes and bubbles. The background is a bright blue sky with soft white clouds. The glasses are clear and cylindrical, and the water is a vibrant blue.

Water

- Water helps your body to:
 - Regulate body temperature
 - Lubricate and cushion joints
 - Rid the body of waste
 - Protect your spinal cord and other sensitive tissues
- Recommended amount:
 - Half of your body weight in ounces.
 - Ex: 200 lbs. = 100 ounces of water/day
- How to achieve healthy hydration levels:
 - Bring your water bottle with you throughout your day.
 - Have a glass at every meal.
 - Flavored water (Mio, Hint)
 - Sparkling water
 - Limit soda, sweet tea, sweetened coffee concoctions, excess caffeine



ELECTROLYTES

Electrolytes are chemicals (potassium, sodium, and magnesium) that carry an electric charge when dissolved in water.

Nutritionally, electrolytes refer to minerals that play an important role in the body.

Role of electrolytes:

- Helps your muscles contract. (Hello heart)
- Regulates cellular fluid balance
- Supports and creates energy levels
- Supports and signals hormones

Caffeine

- Caffeine may improve:
 - Exercise performance, mood, brain function, and boost metabolism
- Caffeine may hinder:
 - Sleep, increase anxiety, restlessness, nervousness, irritability, and headaches.
- Consume caffeine more healthfully:
 - Eat before or during consuming caffeine
 - Check-in with how your sleep quality is.
 - Keep tabs on how much you are consuming.
 - Cut back gradually.
 - No more than 400 milligrams per day in 200 milligram doses
 - Pay attention to ingredient label



**12 oz
soft drink
30 to 40 mg**



**8 oz
green or black tea
30 to 50 mg**



**8 oz
coffee
80 to 100 mg**



**8 oz
energy drink
40 to 250 mg**

Portions

Women:



1 palm of protein dense foods with each meal



1 fist of vegetables with each meal



1 cupped handful of carb dense foods with most meals



1 entire thumb of fat dense foods with most meals

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

Men:



2 palms of protein dense foods with each meal



2 fists of vegetables with each meal



2 cupped handfuls of carb dense foods with most meals



2 entire thumbs of fat dense foods with most meals

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

Nutrition Label:

Original Label

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

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

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

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

New:
added sugars

Change
in nutrients
required

Nutrition labeling terms



- *Genetically modified organism (GMO)*: Any organism whose genetic material has been altered using genetic engineering techniques.
 - Corn, Soybeans, and Cotton
- *Natural*: Contains no artificial colors, flavors or preservatives. It does not refer to the methods or materials used to produce the food ingredients.
- *Reduced sodium*: This product must contain 25% less sodium than the full-sodium version of the product.
- *Made with whole grains*: Product contains a small amount of whole grains, the rest of the grains can be refined.
- *Organic*: Produce and other ingredients are grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms, or ionizing radiation. Organic animals that produce meat, poultry, eggs, and dairy products do not take antibiotics or growth hormones.

Organic VS Conventional

Organic:

- No synthetic pesticides or fertilizers
- 50% higher in omega 3 fatty acids (Poultry, meat, dairy, and eggs) compared to conventional
- Free of antibiotics (Poultry, meat, dairy, and eggs)
- No synthetic hormones (Poultry, meat, dairy, and eggs)

Dirty Dozen

(highest in pesticide)



apple



strawberries



grapes



celery



peaches



spinach



sweet
bell peppers



nectarines
(imported)



cucumber



cherry tomatoes



snap peas
(imported)



potatoes

Organic VS Conventional

Conventional:

- More affordable
- Not equivalent nutrient value to organic produce;
 - Hormone health
 - Gut health

Clean 15 (lowest in pesticide)



avocado



sweet corn



pineapple



cabbage



sweet peas - frozen



onions



asparagus



mango



papaya



kiwi



eggplant



grapefruit



cantaloupe



cauliflower



sweet potatoes