

# Making The Right Food Choices



## **A guide to healthy cooking and eating**

People are more concerned than ever about making the right choices when it comes to eating. Once primarily concerned with weight and calories, now consumers want to know more about what they are putting into their bodies. Their concerns include a number of diet related topics such as cholesterol, fat, fiber, sodium, as well as calorie intake.

Fundcraft Publishing has gathered important nutritional information to help consumers eat smart. The following pages include topics such as nutrient content claims, health claims and the new food label and how this information can play a role in your family's diet and overall good health.

# The role of fat in your diet

Fat consumption has been linked to heart disease, obesity, some types of cancer and gallbladder disease. Many public and private health authorities now recommend that Americans strive to reduce their intake of dietary fat.

The problem that confronts so many people now is how to translate these recommendations for a reduced-fat diet to their every-day menu. Basically, this means selecting foods which are low in fat or fat free *more often*. Choosing vegetables and fruits, cereals and grain products, fish, lean meats and low-fat dairy products will help reduce your daily intake of fat.

Not all fats are created equal and not all fats are bad. Cholesterol and saturated fats are the hardest on your heart, while monounsaturated and polyunsaturated fats are the easiest. Here's how to recognize all four in your diet:

**CHOLESTEROL** is a fatty substance found in animal foods including meat, poultry, fish, egg yolks, milk, cream, cheese, butter and other dairy products. Foods derived from plants such as fruits, vegetables, grains and nuts contain no cholesterol at all.

**SATURATED FATS** are primarily contained in animal foods including red meat and whole milk dairy products. Saturated fats can also be found in certain types of oils, notably coconut and palm and palm kernel oils, which are used in commercially baked goods. It's a good idea to cut down on foods high in saturated fats and to make substitutions whenever possible.

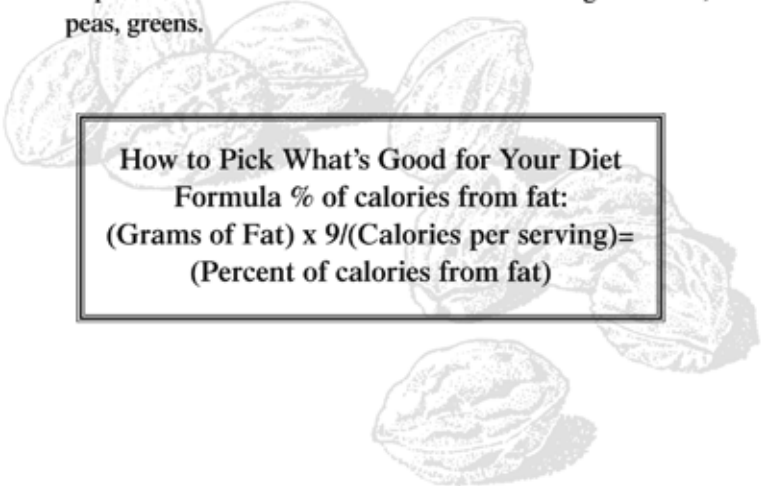
**MONOUNSATURATED FATS** are not considered harmful to your heart, and new research suggests they may actually reduce your blood cholesterol level and, thus, your risk of cardiovascular disease. This type of fat is found in olive oil, and in certain plant foods including avocados.

**POLYUNSATURATED FATS** also tend to reduce blood cholesterol levels. It's the kind of fat you find most typically in sunflower, corn, soybean and safflower oils.

# Decreasing Your Fat Intake

You can lower your cholesterol level and decrease your risk of heart disease by cutting down on your fat consumption. Here are some ways:

- Avoid fried foods; bake or broil.
- Choose lean meats; cut off the fat before cooking.
- Avoid luncheon meats (hot dogs, bologna).
- Eat sparingly of sausage and bacon.
- Remove skin from poultry (before cooking, if possible).
- Steam vegetables.
- Use half the fat (oil, margarine, butter, lard, shortening, mayonnaise) called for in recipes.
- Use less than 1 teaspoon margarine or butter on bread, hot cereals, vegetables.
- Use low-fat salad dressings; limit other salad dressings to 1 tablespoon.
- Season with herbs, lemon, vinegar, onion, garlic, tomato products.
- Thicken sauces, soups with a mixture of corn starch (or flour) and cold water.
- For snacks, choose fruit, vegetables, whole grain bread/cereals/crackers.
- Choose low-fat milk products such as buttermilk, 2% fat milk, non-fat dry milk powder and skim milk.
- Use lean pieces of meat instead of fatback as seasoning for beans, peas, greens.



How to Pick What's Good for Your Diet  
Formula % of calories from fat:  
 $(\text{Grams of Fat}) \times 9 / (\text{Calories per serving}) =$   
(Percent of calories from fat)

## TABLE FOR COOKING VEGETABLES

<i>Vegetable</i>	<i>Ways To Prepare</i>	<i>Cooking</i>	<i>Time</i>
<i>CELERY</i>	<i>Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.</i>	<i>Cook covered in small amount of boiling water or in consommé.</i>	<i>10-15 mins.</i>
<i>CORN</i>	<i>Remove husks and silks from fresh corn. Rinse and cook whole.</i>	<i>Cook covered in small amount of boiling water; or cook uncovered in enough boiling salted water to cover ears.</i>	<i>6-8 mins.</i>
<i>EGGPLANT</i>	<i>Wash; if skin is tough, pare. Cut in 1/2 inch slices.</i>	<i>Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.</i>	<i>Approx. 4 mins.</i>
<i>MUSHROOMS</i>	<i>Wash; cut off tips of stems. Leave whole or slice.</i>	<i>Add to melted margarine in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.</i>	<i>8-10 mins.</i>
<i>OKRA</i>	<i>Wash pods; cut off stems. Slice or leave whole.</i>	<i>Cook covered in small amount of boiling salted water.</i>	<i>8-15 mins.</i>
<i>PARSNIPS</i>	<i>Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.</i>	<i>Cook covered in small amount of boiling salted water.</i>	<i>15-20 mins.</i>
<i>PEAS, Green</i>	<i>Shell and wash.</i>	<i>Cook covered in small amount of boiling water.</i>	<i>8-15 mins.</i>
<i>SPINACH</i>	<i>Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.</i>	<i>Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.</i>	<i>3-5 mins.</i>
<i>TOMATOES</i>	<i>Wash ripened tomatoes.</i>	<i>Cook slowly, covered, without adding water.</i>	<i>10-15 mins.</i>
<i>ZUCCHINI</i>	<i>Wash; do not pare. Slice thin.</i>	<i>Season and cook covered in margarine for 5 mins. Uncover and cook till tender, turning slices.</i>	<i>10 mins. Total</i>

# A “QUICK” Summary Of



- DILL** Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
- FENNEL** Has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.
- MARJORAM** May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
- TARRAGON** Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
- CURRY POWDER** A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables, meat, poultry and fish.
- CHIVES** Leaves are used in many ways. May be used in salads, cream cheese, sandwiches, omelets, soups and fish dishes. Mild flavor of onion.
- SAGE** Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

*continued*



## Herbs & Seeds

*continued...*

- CARAWAY** Seeds have a spicy smell and aromatic taste. Used in baked goods, cakes, breads, soups, cheese and sauerkraut.
- PAPRIKA** A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads, in soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.
- BASIL** Aromatic odor, warm, sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.
- OREGANO** Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
- BAY LEAF** A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.
- GINGER** An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
- CHERVIL** Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.
- SHALLOTS** Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.
- VINEGAR** Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, white vinegar, cider vinegar, tarragon vinegar.



## CALORIE COUNTER CANDIES, SNACKS AND NUTS

**Calories**

Almonds .....	12 to 15 .....	93
Cashews .....	6 to 8 .....	88
Chocolate Bar (nut).....	2 ounce bar .....	340
Coconut (Shredded) .....	1 cup .....	344
English Toffee .....	1 piece .....	25
Fudge.....	1 ounce .....	115
Mints .....	5 very small.....	50
Peanuts (salted).....	1 ounce .....	190
Peanuts (roasted).....	1 cup .....	800
Pecans .....	6 .....	104
Popcorn (plain) .....	1 cup .....	54
Potato Chips.....	10 medium chips .....	115
Pretzels.....	10 small sticks.....	35
Walnuts .....	8 to 10 .....	100

### DAIRY PRODUCTS

American Cheese .....	1 cube, 1 1/8 inch.....	100
Butter or Oleomargarine.....	1 level Tbsp.....	100
Cheese (blue, cheddar, cream, Swiss) .....	1 ounce .....	105
Cottage Cheese (uncreamed).....	1 ounce .....	25
Cream, light.....	1 Tbsp.....	30
Cream, whipped.....	1 Tbsp.....	25
Egg White .....	1 .....	15
Egg Yolk .....	1 .....	61
Eggs (boiled or poached) .....	2 .....	160
Eggs (scrambled).....	2 .....	220
Egg (fried).....	1 medium .....	110
Yogurt (flavored).....	4 ounces.....	60

### DESSERTS

<i>Cakes:</i>		
Angel Food Cake.....	2" piece.....	110
Cheesecake .....	2" piece.....	200
Chocolate Cake, iced.....	2" piece.....	445
Fruit Cake.....	2" piece.....	115
Pound Cake.....	1 ounce piece .....	140
Sponge Cake.....	2" piece.....	120
Shortcake with fruit.....	1 a. g. slice.....	300
Cupcake, iced .....	1 .....	185
Cupcake, plain .....	1 .....	145
<i>Pudding:</i>		
Bread Pudding.....	1/3 cup.....	150
Flavored Puddings .....	1/2 cup.....	140
<i>Pies:</i>		
Apple.....	1 piece.....	331
Blueberry .....	1 piece.....	290
Cherry .....	1 piece.....	355
Custard.....	1 piece.....	280
Lemon Meringue .....	1 piece.....	305
Peach.....	1 piece.....	280

# CALORIE COUNTER

## DESSERTS (Cont.)

Calories

Pumpkin.....	1 piece.....	265
Rhubarb.....	1 piece.....	265
Ice Cream:		
Chocolate Ice Cream.....	½ cup.....	200
Vanilla Ice Cream.....	½ cup.....	150
Miscellaneous:		
Chocolate Eclair, custard.....	1 small.....	250
Cookies, assorted.....	1, 3-inch dia.....	120
Cream Puff.....	1.....	296
Jello, all flavors.....	½ cup.....	78

## BEVERAGES AND JUICES

Chocolate Malted.....	8 ounces.....	450
Cocoa (all milk).....	8 ounces.....	235
Cocoa (milk & water).....	8 ounces.....	140
Coffee (black/unsweetened).....		0

## BREADS AND FLOUR FOODS

Baking Powder Biscuits.....	1 large or 2 small.....	129
Bran Muffin.....	1 medium.....	106
Cornbread.....	1 small square.....	130
Dumplings.....	1 medium.....	70
Enriched White Bread.....	1 slice.....	60
French Bread.....	1 small slice.....	54
French Toast.....	1 slice.....	135
Macaroni and Cheese.....	1 cup.....	475
Melba Toast.....	1 slice.....	25
Noodles cooked.....	1 cup.....	200
Pancakes (wheat).....	1, 4-inch.....	60
Raisin Bread.....	1 slice.....	80
Rye Bread.....	1 slice.....	71
Saltines.....	1.....	17
Soda Crackers.....	1.....	23
Waffles.....	1.....	216
Whole Wheat Bread.....	1 slice.....	55

## BREAKFAST CEREALS

Corn Flakes.....	1 cup.....	96
Cream of Wheat.....	1 cup.....	120
Oatmeal.....	1 cup.....	148
Rice Flakes.....	1 cup.....	105
Shredded Wheat.....	1 biscuit.....	100
Sugar Krisps.....	¾ cup.....	110

## FISH AND FOWL

Bass.....	4 ounces.....	105
Brook Trout.....	4 ounces.....	130
Crabmeat (canned).....	3 ounces.....	85
Fish Sticks.....	5 sticks or 4 oz.....	200
Haddock (baked).....	1 fillet.....	158
Haddock (broiled).....	4 ounces (steak).....	207



# CALORIE COUNTER

## FRUITS

Apple (raw).....	1 small.....	70
Banana.....	1 medium.....	85
Blueberries (frozen/unsweetened).....	1/2 cup.....	45
Cantaloupe Melon.....	1/2 melon large.....	60
Cherries, fresh/whole.....	1/2 cup.....	40
Cranberries (sauce).....	1 cup.....	54
Grapes.....	1 cup.....	65
Dates.....	3 or 4.....	95
Grapefruit (unsweetened).....	1/2.....	55
Orange.....	1 medium.....	70
Peach (fresh).....	1.....	35
Plums.....	2.....	50
Tangerine (fresh).....	1.....	40
Watermelon.....	1" slice.....	60

## MEATS

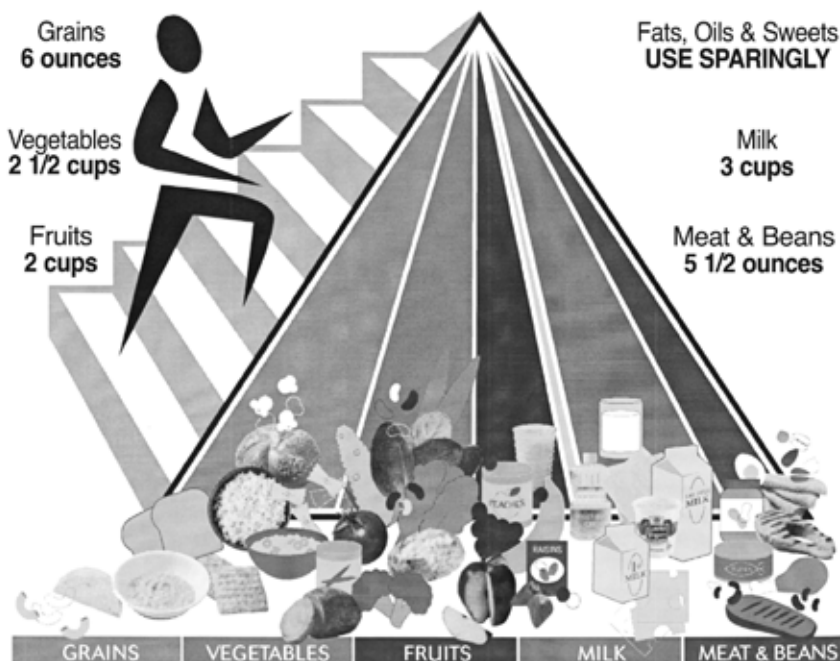
Bacon (crisp).....	2 slices.....	95
Frankfurter.....	1.....	155
Hamburger (avg. fat/broiled).....	3 ounces.....	245
Hamburger (lean/broiled).....	3 ounces.....	185
Ham (broiled/lean).....	3 ounces.....	200
Ham (baked).....	1 slice.....	100
Lamb Leg Roast.....	3 ounces.....	235
Lamb Chop (rib).....	3 ounces.....	300
Liver (fried).....	3 1/2 ounces.....	210
Meat Loaf.....	1 slice.....	100
Pork Chop (med.).....	3 ounces.....	340
Pork Roast.....	3 ounces.....	310
Pork Sausage.....	3 ounces.....	405
Roasts (Beef)		
Loin Roast.....	3 1/2 ounces.....	340
Pot Roast (round).....	3 1/2 ounces.....	200
Rib Roast.....	3 1/2 ounces.....	260
Rump Roast.....	3 1/2 ounces.....	340
Spareribs.....	1 piece, 3 ribs.....	123
Swiss Steak.....	3 1/2 ounces.....	300
Veal Chop (med.).....	3 ounces.....	185
Veal Roast.....	3 ounces.....	230

## SALADS AND DRESSINGS

Apple and carrot (no dressing).....	1/2 cup.....	100
Chef Salad/reg. oil.....	1 Tbsp.....	160
Chef Salad/mayonnaise.....	1 Tbsp.....	125
Chef Salad/ French, Roquefort.....	1 Tbsp.....	105
Cole Slaw (no dressing).....	1/2 cup.....	102
Fruit Gelatin.....	1 square.....	139
Potato Salad (no dressing).....	1/2 cup.....	184
Waldorf (no dressing).....	1/2 cup.....	140
Boiled Dressing.....	1 Tbsp.....	28
French Dressing.....	1 Tbsp.....	60
Mayonnaise.....	1 Tbsp.....	110

# Food Guide Pyramid

## A Guide to Daily Food Choices



## How to Use The Daily Food Guide

### What counts as one serving?

#### Grains

**Make half your grains whole**  
Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta

1 ounce is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

#### Milk

**Get your calcium-rich foods**  
Go low-fat or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

#### Vegetables

**Vary your veggies**  
Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweet potatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

#### Meat & Beans

**Go lean with protein**  
Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine – choose more fish, beans, peas, nuts, and seeds

#### Fruits

**Focus on fruits**  
Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

## How many servings do you need each day?

Calorie Level*	about 1,600	about 2,200	about 2,800
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	**2 - 3	**2 - 3	**2 - 3
Meat Group	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

\* These are calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

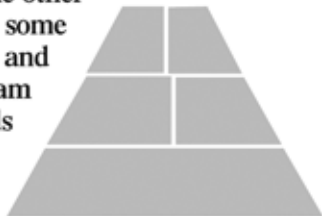
\*\* Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

## A Closer Look at Fat and Added Sugars



The small tip of the pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories, but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group. When choosing foods for a diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.



# Nutrition Facts: Helping Consumers Eat Smart

Shopping and planning has never been easy. And now, with so many people concerned about the nutrient contents of foods, the choices are even tougher to make.

But now, new government regulations require food manufacturers and processors to provide dietary information on their food products. There is information on saturated fat, dietary cholesterol, fiber and other nutrients...items that relate to today's health concerns about heart disease, cancer and other diseases linked, at least in part, to diet.

One of the recent changes involves new requirements for food labels. The *new food label* will have a new name. Now it will be called Nutrition Facts. That title will signal to consumers that the product is correctly labeled according to the new Food and Drug Administration guidelines.

New heading signals a new label.  
More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g) Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories 250</b> <b>Calories from Fat 110</b>	
<b>% Daily Value</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3 g	<b>15%</b>
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 470 mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b> 4%      • <b>Vitamin C</b> 2%	
<b>Calcium</b> 20%     • <b>Iron</b> 4%	
* 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
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
Calories per gram:	
Fat	9      •      Carbohydrate 4      •      Protein 4

New mandatory component helps consumers meet dietary guidelines recommending no more than 30% of calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.

# The New Food Label - What to Look For

The new food label can serve as an important guide to better nutrition, but only if you use it.

What should you look for?

First of all, nutrient content claims, such as “low calorie,” may appear on the front label. These claims will signal - truthfully - if a food is high in a nutrient that most of us need to consume less of. This may be good if you’re trying to reduce your intake of calories, fat or cholesterol...or if you’re trying to eat more fiber or potassium.

Likewise, health claims on some labels will point out a food’s nutritional qualities that help reduce the risk of certain long-term diseases, such as heart disease or cancer.

The “Nutrition Facts” will give more in-depth information to help you choose foods that fit in with a more healthful diet. Now it’s easier than ever to eat healthy - just read the label.

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories 250 Calories from Fat 110</b>			
	<b>% Daily Value</b>		
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Dietary Fiber 0g	<b>0%</b>		
Sugars 5g			
<b>Protein</b> 5g			
<b>Vitamin A</b> 4%	•	<b>Vitamin C</b> 2%	
<b>Calcium</b> 20%	•	<b>Iron</b> 4%	
* 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
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
Calories per gram:			
Fat	9	•	Carbohydrate 4 • Protein 4

# Getting Specific

Here are examples of the meanings of some descriptive words used in food labeling.

## SUGAR

Sugar Free	Less than 0.5 grams per serving. No sugar added	No added sugar Without added sugar	Processing does not increase content above the amount found naturally.
Reduced Sugar	At least 25% less sugar per serving than reference food.		

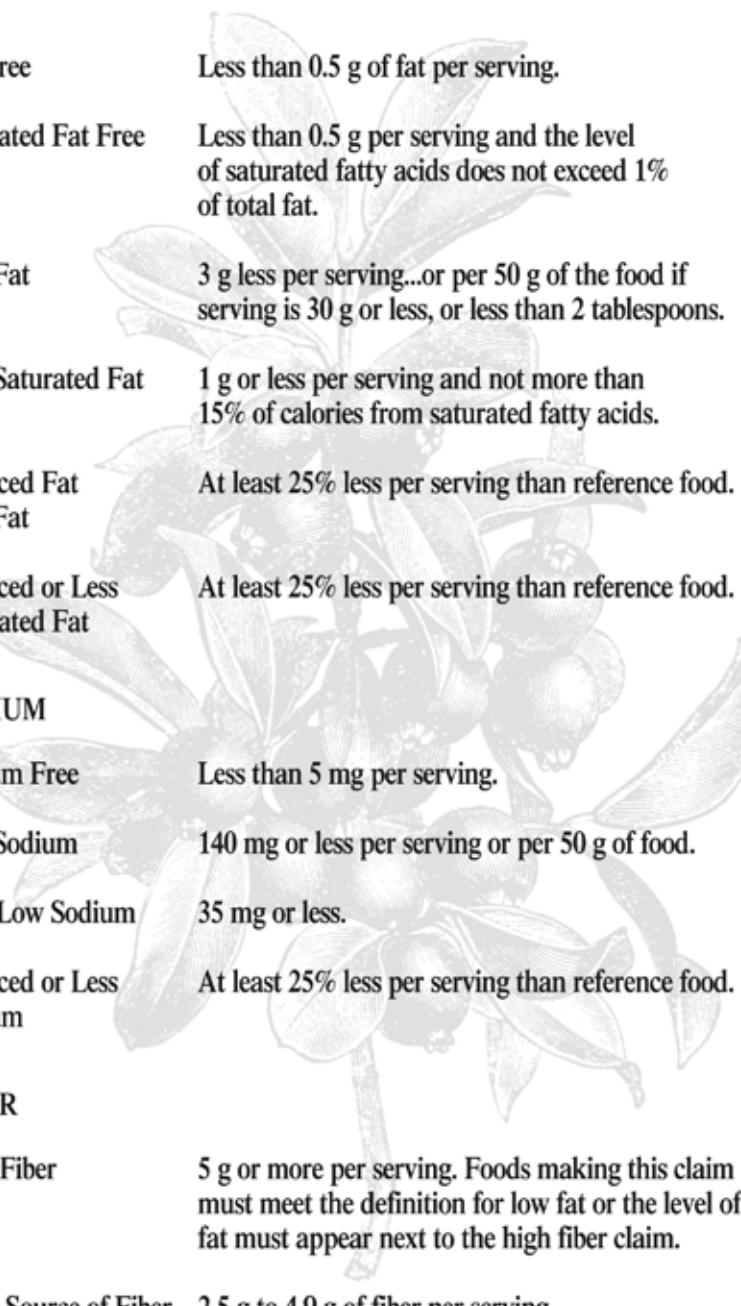
## CALORIES

Calorie Free	Fewer than 5 calories per serving.		
Low Calorie	40 calories or less per serving... or if the serving is 30 grams or less... per 50 grams of the food.		
Reduced Calorie	At least 25% fewer calories per serving than reference food.	Fewer Calories	

## CHOLESTEROL

Cholesterol Free	Less than 2 milligrams (mg) of cholesterol and 2 g of saturated fat per serving.		
Low Cholesterol	20 mg or less cholesterol and 2 g or less of saturated fat per serving or per 50 g of food than reference food.		
Reduced or Less Cholesterol	At least 25% less cholesterol and 2 g or less saturated fat per serving than reference food.		

## FAT



Fat Free	Less than 0.5 g of fat per serving.
Saturated Fat Free	Less than 0.5 g per serving and the level of saturated fatty acids does not exceed 1% of total fat.
Low Fat	3 g less per serving...or per 50 g of the food if serving is 30 g or less, or less than 2 tablespoons.
Low Saturated Fat	1 g or less per serving and not more than 15% of calories from saturated fatty acids.
Reduced Fat Less Fat	At least 25% less per serving than reference food.
Reduced or Less Saturated Fat	At least 25% less per serving than reference food.

## SODIUM

Sodium Free	Less than 5 mg per serving.
Low Sodium	140 mg or less per serving or per 50 g of food.
Very Low Sodium	35 mg or less.
Reduced or Less Sodium	At least 25% less per serving than reference food.

## FIBER

High Fiber	5 g or more per serving. Foods making this claim must meet the definition for low fat or the level of fat must appear next to the high fiber claim.
Good Source of Fiber	2.5 g to 4.9 g of fiber per serving.
More or Added Fiber	At least 25% more fiber than reference food.



## *FAVORITE RECIPES*

*Recipe Name*

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