

Fuel Your Health

Presented by:

Amanda Rennebeck, RD, LDN



1

Our Speaker



Amanda Rennebeck

Registered Dietitian

ABOUT ME

Amanda has been a practicing registered dietitian for 14 years. She has worked in various settings doing 1:1 counseling, group classes, cooking demonstrations, and working with those with chronic diseases.

Amanda's nutrition philosophy is based on a balanced approach to eating with an emphasis on a healthy relationship with all foods and setting a foundation of consistency to support everyone's needs for lifelong health and wellness.




2



3

Agenda

- 01 Decode nutrition facts label
- 02 Read an ingredient list to choose the right foods for you
- 03 Pop quiz
- 04 Take your knowledge from the label to the table



4

Why Do Food Labels Matter

1

To assist with meeting calorie or macronutrient goals, carbs, fat, protein

2

To make informed choices based on health concerns/needs

3

To have more control over the ingredients you are putting into your body

5

Nutrition Facts Label: Explained

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 3g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	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 240mg	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.

1 Serving Size

This will tell you **how much** of the food contains all the nutrient amounts listed. It's usually expressed in a count, volume, or weight. Above it is how many servings are in the entire package.

2 Calories

This is how many calories are in **one serving**. The calories come from the total carbohydrate, fat, and protein in one serving of the item.

3 Fat and Sodium

The items in yellow are important indicators for heart health. Try aiming for values **less than 20%** under the "% Daily Value" column (5-15% is preferable). Here you can also see types of fat.

4 Carbohydrates

Fiber and sugar will contribute to the total carbohydrate. Foods with fiber **greater than 20%** of the % Daily Value are high sources. The new label also shows how much sugar is **added**.

5 Protein

Protein in foods varies greatly depending on composition and processing. Protein does not have a % Daily Value listed to the right because **individual needs** vary greatly.

6 Micronutrients

The nutrition facts label recently changed to reflect micronutrients (vitamins & minerals) that research shows the population may lack. Most adults require the same amount of these.

6

Percent Daily Values

- Used to determine whether there is a lot or a little of a nutrient in the amount of food with some caveats:
 - Based on a 2,000 calorie diet
 - Percentages are based on meeting 100% of the dietary recommendation for that nutrient
- Use the 5%/20% guide when choosing foods
 - 5% or less of nutrient is LOW
 - 20% or more is HIGH

Examples of DVs versus %DVs

Based on 2,000 Calorie Diet

Nutrient	DV	%DV	Goal
Saturated Fat	20g	=100% DV	Less than
Sodium	2,300mg	=100% DV	Less than
Dietary Fiber	28g	=100% DV	At least
Added Sugars	50g	=100% DV	Less than
Vitamin D	20mcg	=100% DV	At least
Calcium	1,300mg	=100% DV	At least
Iron	18mg	=100% DV	At least
Potassium	4,700mg	=100% DV	At least

Reading Labels to Fuel Your Health

Weight Management

- Serving Size
- Calories
 - Fat
 - Total Carbohydrate
 - Protein

Does the item fit your health goals?

Diabetes

- Total Carbohydrate
- Fiber
- Added sugar
- Protein

How will you use this food, will you be pairing it with a source of protein? Adding fruit or other carbohydrates to it?

Heart Health

- Total Fat
- Saturated Fat < 10% of total daily calories
- Trans fat
 - Aim for 0
- Cholesterol
 - Less than 5%
- Sodium
 - 1,500 - 2,300mg/d

Blood Pressure

- Sodium
 - 1,500mg or less per day
 - 20% or less DV
 - 140mg or below



9

What Is an Ingredient List

- All foods containing a Nutrition Facts label will also have an ingredient list
- Ingredients are listed in descending order by weight
- Must include ALL ingredients added to the food: color additives, preservatives, spices, flavorings as well as separate disclosure of allergenic ingredients



10

Amanda's Top 3 Ingredient List Tips

- 01 Lengthy ingredient lists with several unidentifiable ingredients
- 02 Hidden sources of trans fat
- 03 Different names for sugar



11

#1 Lengthy Ingredient Lists

CHOCOLATE CHIP COOKIE DOUGH



Nutrition Facts	
12 servings per container	
Serving size 1 Bar (45g)	
Amount per serving	
Calories 180	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	22%
Total Sugars 9g	
Incl. 9g Added Sugars	18%
Protein 12g	23%
Vitamin D 2.3mcg 10% • Calcium 320mg 25%	
Iron 4.5mg 25% • Potassium 90mg 2%	
Vitamin A 25% • Vitamin C 25%	
Vitamin E 25%	

INGREDIENTS: SOY PROTEIN ISOLATE, POLYDEXTROSE, VEGETABLE OIL (SOYBEAN, PALM AND PALM KERNEL OIL), SUGAR, CHOCOLATE FLAVORED CHIPS (SUGAR, PALM KERNEL AND/OR PALM OIL, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, VANILLA EXTRACT, MILK, SALT), MALTITOL, CORN SYRUP, FRUCTOSE, COCOA PROCESSED WITH ALKALI, WHOLE GRAIN OATS, CONTAINS 2% OR LESS OF NATURAL FLAVORS, VEGETABLE GLYCERIN, WHEY, PECTIN, SORBITOL, SALT, SOY LECITHIN, WATER, STEVIOL GLYCOSIDES, ROSEMARY EXTRACT FOR FRESHNESS, ALMOND FLOUR, PARTIALLY DEFATTED PEANUT FLOUR, WHEAT STARCH. VITAMINS AND MINERALS: CALCIUM CARBONATE, VITAMIN C (ASCORBIC ACID), VITAMIN E ACETATE, REDUCED IRON, VITAMIN A PALMITATE, VITAMIN D3. CONTAINS SOY, MILK, ALMOND, PEANUT AND WHEAT INGREDIENTS. MAY CONTAIN OTHER TREE NUTS.

Ingredients

Soy Protein Isolate, Polydextrose, Vegetable Oil (Soybean, Palm And Palm Kernel Oil), Sugar, Chocolate Flavored Chips (Sugar, Palm Kernel And/Or Palm Oil, Cocoa Processed With Alkali, Soy Lecithin, Vanilla Extract, Milk, Salt), Maltitol, Corn Syrup, Fructose, Cocoa Processed With Alkali, Whole Grain Oats, Contains 2% Or Less Of Natural Flavors, Vegetable Glycerin, Whey, Pectin, Sorbitol, Salt, Soy Lecithin, Water, Steviol Glycosides, Rosemary Extract For Freshness, Almond Flour, Partially Defatted Peanut Flour, Wheat Starch. Vitamins And Minerals: Calcium Carbonate, Vitamin C (Ascorbic Acid), Vitamin E Acetate, Reduced Iron, Vitamin A Palmitate, Vitamin D3.



12

#2 Hidden Sources of Trans Fat

Zero doesn't always mean zero.

- Labeling laws allow for up to 0.5 grams of a nutrient to be present on a product and still list a "0" in the Nutrition Facts.
- Trans Fats is the biggest offender.

Nutrition Facts	Amount/Serving		%DV*			
Serv. Size 4 cookies (32g)	Total Fat	7g	11%	Total Carb.	20g	7%
Servings 9	Sat. Fat	4.5g	23%	Dietary Fiber	1g	4%
Calories 150	Trans Fat	0g		Sugars	10g	
Calories from fat 60	Cholest.	0mg	0%	Protein	2g	
	Sodium	115mg	5%			
	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					
INGREDIENTS: Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.						

#3 Different Names for Sugar

Agave nectar Agave syrup Barley malt **Beet sugar** Brown rice syrup
 Brown sugar Buttered syrup Cane sugar Cane juice Cane juice crystals
 Carob syrup Confectioner's sugar Corn syrup **High fructose corn syrup**
 Corn sugar Corn sweetener Corn syrup solids Crystalized fructose
 Date sugar **Dextran** Dextrose Diatase Diastatic malt Evaporated cane juice

WHERE'S ALL THAT SUGAR HIDING?

Fructose Fruit juice Fruit juice concentrate Glucose Glucose solids
 Golden sugar Golden syrup **Grape sugar** Grape juice concentrate Honey
 Invert sugar **Lactose** Malt Maltodextrin Maltose **Maple syrup** Molasses
 Raw sugar Refiner's syrup Sorghum syrup Sucanat Sucrose **Sugar**
 Turbinado sugar Yellow sugar

Pop Quiz

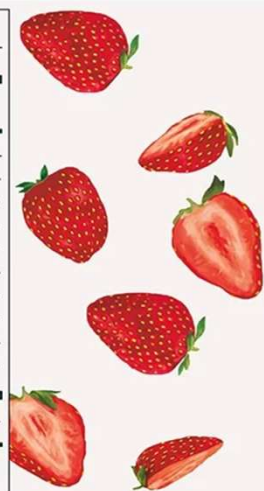
15

If you are watching your sugar intake, would this yogurt fit your health goals?



NUTRITION FACTS	
Serving size 1 container (150g)	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrates 16g	6%
Fiber <1g	3%
Total Sugars 13g	
Including 9g Added Sugars	18%
Protein 11g	22%
Vitamin D 0%	Potassium 4%
Iron 0%	Calcium 10%

*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.



Ingredients: Cultured nonfat milk, strawberries, cane sugar, water, fruit pectin, locust bean gum, natural flavors, lemon juice concentrate, fruit and vegetable juice concentrate (for color).
6 live and active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus.

16

Looking to bring more whole food ingredients into your diet?

Do these crackers fit your goals?



Nutrition Facts	
About 4 servings per container	
Serving size 17 Crackers (30g)	
Amount per serving	
Calories	150
Total Fat 8g	% Daily Value* 10%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars less than 1g	
Includes 0g Added Sugars 0%	
Protein 3g	
Vitamin D 0mcg 0%	Calcium 50mg 4%
Iron 0.8mg 4%	Potassium 90mg 2%

*The % Daily Value 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.

Ingredients:

Nut & Seed Flour Blend (almonds, sunflower seeds, flax seeds)
Tapioca Starch
Cassava Flour
Organic Cheddar Cheese (cultured milk, salt, enzymes)
Organic Sunflower Oil
Sea Salt
Organic Onion
Organic Garlic
Rosemary Extract (for freshness)
Paprika Extract
Annatto Extract (for color)

CONTAINS: ALMONDS, MILK

DISTRIBUTED BY SIMPLE MILLS
CHICAGO, IL 60654

NON-GMO
GLUTEN FREE
CORN FREE • GRAIN FREE



17

From Label to the Table

- Review the food labels and ingredient lists of your pantry, fridge and freezer staples.
- Consider your whole day of eating to see where your favorite foods can still fit.
- Set small, achievable goals.
- Check out the PeopleOne Health Portal for resources and tools like SparkUniversity, Food Tracker, recipes and more.



18

What's next

- Use the Fuel Your Health toolkit
- Talk to your doctor when making diet changes
- Learn more about PeopleOne Health! Allow our solution to decrease costs and create a thriving culture to help you be an employer or choice.
- Join the next live PeopleOne Health quarterly webinar event in May to learn the basics of mental health and make yourself a priority.



19

PeopleOne Health Features

Create an Account today!

Tools & Trackers

- SparkCoach
- Fitness Game
- Food Tracker
- Interactive SparkPoints
- Goal setting feature

SparkAmerica

- SparkAmerica City Challenge

Community

- Build a profile, add and manage friend groups and post to teams
- Uplifting, safe news feed

Healthy Living

- Library of articles and videos
- Healthy recipes
- Mindfulness videos
- Education courses
- Email newsletter

Company Program

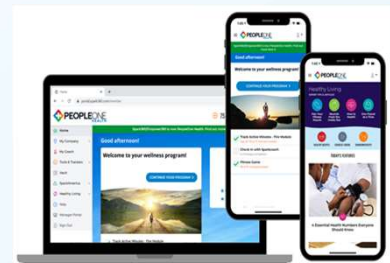
- Tailored wellness program*
- Customized wellness challenges*
- Tokens and prize store*

Health Coaching

- Health coaching and care navigation*
- High risk outreach and consulting*
- Form processing*

Manager Portal

- Dashboard
- On demand reporting
- Token and prize management
- Send portal messages and announcement



Interested in learning more about our solutions?
Email us: Engage@PeopleOneHealth.com

*Items with an asterisk indicate a specific level of service and have additional costs associated. Contact us for details.



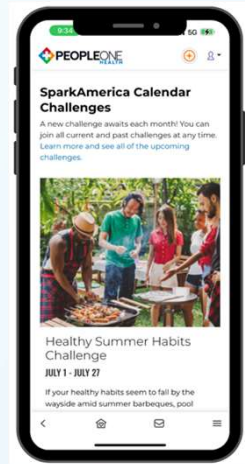
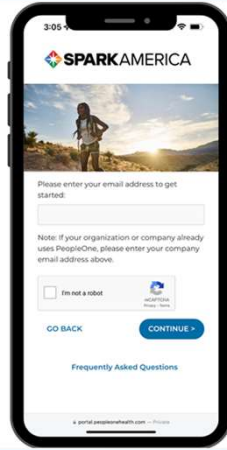
20

SparkAmerica

SparkAmerica is focused on building Fit & Healthy leaders all across the country. Business and civic leaders have joined with us to create community and promote healthy living.

Join us!

Fit City Challenge: 4-week active minutes challenge with company and individual recognition opportunities



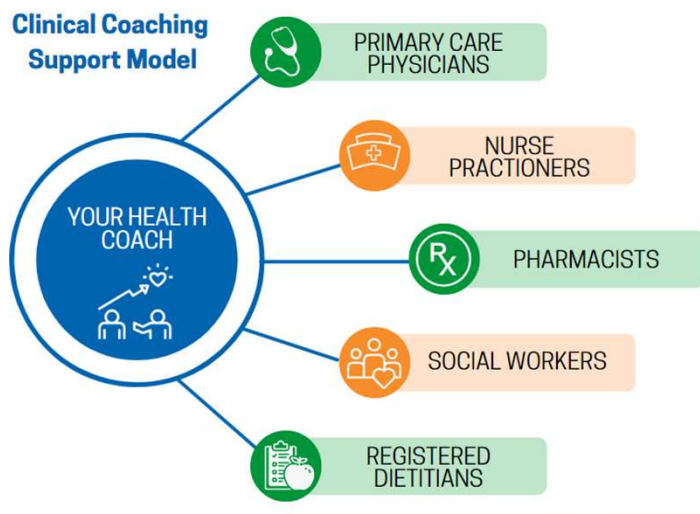
MARK YOUR CALENDARS!

The Next SparkAmerica Fit City Challenge: September 1 - 30, 2024



How Does Our Coaching Differ?

Each Health Coach is backed by not only their credentials but has readily available resources to support them.



Questions?

23

Resources:

- “The New Nutrition Facts Label” FDA.gov.
<https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>. Accessed 26, February 2024.
- “Nutrition Facts Label” WellnessByWendy.com
<https://wellnessbywendy.com/nutrition-facts-label/>, Accessed 26, February 2024.
- “Ultra-processed foods linked to increased cancer risk, diabetes, and heart disease” [https://www.wcrf.org/latest/news-and-updates/new-study-reveals-ultra-processed-foods-linked-to-increased-cancer-risk-diabetes-and-heart-disease/#:~:text=The%20researchers%20discovered%20that%20the,beverages%20\(eg%20soft%20drinks\)](https://www.wcrf.org/latest/news-and-updates/new-study-reveals-ultra-processed-foods-linked-to-increased-cancer-risk-diabetes-and-heart-disease/#:~:text=The%20researchers%20discovered%20that%20the,beverages%20(eg%20soft%20drinks)) , Accessed 26, February 2024

24

Thank You!

