

Nutrition Facts 101: What's on Our Plate?



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What's on our plate?

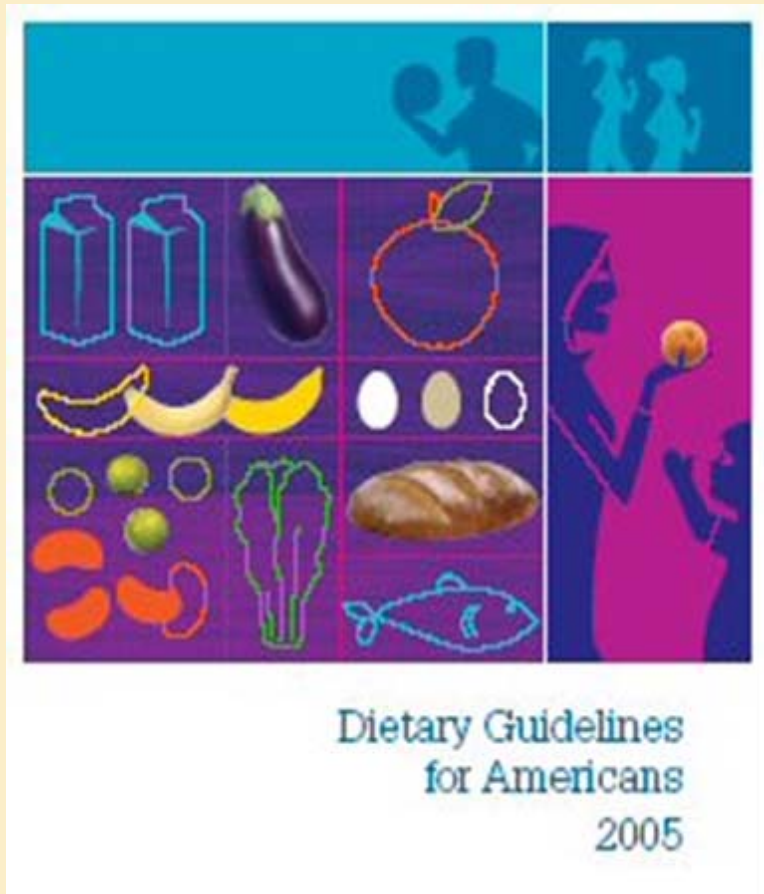


Topics



- **Role of the Nutritionist**
- **Food Package Improvements**
- **Commodity Fact Sheets**
- **New USDA Labels for Canned Fruits and Vegetables**
- **Commodity Image Initiative**

Guiding Principles



Nutritionist Role in FDD



- Provide technical guidance
- Serve on panels for Food Package Reviews;
- Promote nutrition education initiatives and develop nutrition education strategies with particular emphasis on FDPIR program.
 - FDPIR Nutrition Talk Listserv to subscribe:
<http://fnic.nal.usda.gov/fdpir-nutrition-talk>

Nutritionist Role in FDD



- Review and Research commodity products based on:
 - FDD's program guidelines
 - Recipients needs and comments
 - Dietary Guidelines for Americans and USDA's MyPyramid.gov
- Conduct Taste Test

Commodity Improvements



- Whole Grains

- Lower Fat

- Lower Sodium



Commodity Public Relations (PR) Project



- Perception of Commodities
 - Dispel Myths;
 - Emphasize Facts; and,
 - Increase Awareness

Commodity Fact Sheet Project



- Revised Format
- User friendly
- And More



USDA Commodity Fact Sheet
Schools & Child Nutrition Institutions

Name: PORK CRUMBLES, FULLY COOKED, FROZEN

Category: Meats and meat alternates.

Revision Date: 07/05/2005

Description:

Frozen fully cooked pork crumbles are made from ground pork with soy protein product (SPP) that is seasoned and processed into a maximum crumble size of ¼ inch.

Pack Size:

Pork crumbles are packed in a 40-pound (net weight) shipping container. Pork crumbles may be packed in either: four (4) 10-pound, five (5) 8-pound, or eight (8) 5-pound packages.

Yield:

Each case provides approximately 288 (2.2 oz) servings. Each 10-pound bag provides approximately 72 (2.2 oz) servings. Each 8-pound bag provides approximately 58 (2.2 oz) servings. Each 5-pound bag provides approximately 36 (2.2 oz) servings. A 2.2 oz serving of pork crumbles provides the equivalent of 2.00 oz meat/meat alternate.

Uses:

Pork crumbles work well in burrito fillings, chili, hash, sloppy joe, tacos, spaghetti sauce, pizza, lasagna, casseroles, pasta dishes, and any recipe that calls for ground pork.

Storage:

Keep pork crumbles frozen at 0°F or below in its original package. Refrigerate leftover pork crumbles in a covered container and use within four days.

Best if Used By:

For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at:

<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>

Preparation: - - -

Cooking:

This heat and serve product may be reheated from a thawed or frozen state. To thaw, leave in the case under refrigeration 24 hours. Heat in a single layer on trays in an oven preheated to 400oF. Conventional ovens: frozen 15-20 min, thawed 12-15 min. Convection oven: frozen 12-15 min, thawed 8-10 min.

The cooking time may vary by: oven type; amount of food on a tray; or, the number of trays placed in the oven. Internal temperature of product must reach a serving temperature of 160°F before serving.

Nutrition Facts
Serving size 2.2 oz (62g)

Calories	132
Protein	11 g
Carbohydrate	1.1 g
Fat	9.9 g
Saturated Fat	3.2 g
Cholesterol	30 mg
Iron	0.7 mg
Calcium	22 mg
Sodium	260 mg
Dietary Fiber	1 g
Vitamin A	0 RE
Vitamin C	0 mg

B430 – MACARONI, ELBOW, ENRICHED, REGULAR, DRY, 20 LB CARTON



CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Macaroni, elbow (3/4" to 1 1/2" in length) made from semolina or durum flour. Enriched with thiamin, riboflavin, niacin, folic acid, and iron.
PACK/YIELD	<ul style="list-style-type: none"> 20 lb carton. One 20 lb carton AP yields about 70 cups dry elbow macaroni OR about 195 cups cooked macaroni and provides about 780.0 1/4-cup servings cooked macaroni OR about 390.0 1/2-cup servings cooked macaroni OR about 260.0 3/4-cup servings cooked macaroni. One lb AP yields about 3 3/4 cups dry elbow macaroni OR about 9 3/4 cups cooked macaroni and provides about 39.0 1/4-cup servings cooked macaroni OR about 19.5 1/2-cup cooked macaroni servings OR about 13.0 3/4-cup servings cooked macaroni. CN Crediting: 1/2 cup cooked macaroni provides 1 serving grains/breads.
STORAGE	<ul style="list-style-type: none"> Store pasta off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store pasta under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Macaroni, elbow, enriched, dry and cooked, no salt added

	1/2 cup, dry (53 g)	1/2 cup, cooked (70 g)
Calories	195	111
Protein	6.85 g	4.06 g
Carbohydrate	39.20 g	21.80 g
Dietary Fiber	1.7 g	1.3 g
Sugars	0.93 g	0.39 g
Total Fat	0.79 g	0.65 g
Saturated Fat	0.15 g	0.12 g
Trans Fat	0.00 g	0.00 g
Cholesterol	0 mg	0 mg
Iron	1.85 mg	0.93 mg
Calcium	9 mg	5 mg
Sodium	3 mg	1 mg
Magnesium	28 mg	13 mg
Potassium	85 mg	32 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.0 mg	0.0 mg
Vitamin E	0.06 mg	0.04 mg

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 12-19-06)

Visit us at www.fns.usda.gov/fdd

B430 – MACARONI, ELBOW, ENRICHED, REGULAR, DRY, 20 LB CARTON

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • For 100 ½-cup servings: Boil 10 gal water (optional, add 3½ oz OR ½ cup salt). Add 5 lbs 4 oz macaroni. Slowly stir macaroni until water boils again and cook uncovered about 10 minutes. DO NOT OVERCOOK. Drain. • Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking or held on a steam table, undercook it slightly. • Drain pasta and rinse in cool water to stop cooking. When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out. Cover tightly and store. • To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. DO NOT OVERCOOK.
USES AND TIPS	<ul style="list-style-type: none"> • Macaroni may be combined with a tomato or meat sauce. • Use in recipes for soup, casseroles, or salads. • Combine with eggs, fish, fowl, vegetables, meat, or cheese. • Combine with puddings for desserts.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

Commodity Household Fact Sheets

- New Design
- Updated Recipes
- User-Friendly
- Food Safety
- Helpful Links



Other Fact Sheets



- Posted Fact Sheets

<http://www.fns.usda.gov/fdd/facts/default.htm>

- Food Allergens
- *Trans* fat

- In Process

- Whole grains

Commercial Labels



USDA Group A Commodities

- 90% of juices are in USDA labels
- 70% of canned fruits and vegetables are in USDA labels (small vendors without a brand label)

USDA Group B Commodities

- All vendors are using their commercial label

Commercial Labels



- Why some vendors use USDA labels:
 - Small Businesses - No label of their own
 - Product not on the commercial market
 - USDA has different specifications than some commercial lines of food
 - The USDA label can be cheaper

New Commodity Labels



- Canned Fruits & Vegetables
 - New Feel
 - Branded Name "America's Finest"
 - Commercial-Like Appearance
 - Eliminate negative stigma

New Commodity Labels



- So What's New?
 - New Images (Photos)
 - Actual pictures of fruits and veggies
 - Bold New Colors
 - Old 2 colors vs. new 4 colors
 - High gloss paper

Old Label

HALVES
Apricots
LIGHT SYRUP



Distributed by USDA in cooperation with State and local or tribal governments for domestic food assistance programs.

NOT TO BE SOLD OR EXCHANGED

Inspected by the U.S. Department of Agriculture

NET WEIGHT 15 OUNCES (425 GRAMS)



MyPyramid.gov
STEPS TO A HEALTHIER YOU

CARE OF PRODUCT

- Store unopened can in a cool, dry place.
- Refrigerate after opening. Use within 3 days.
- Chill before serving.

CONTENTS About 1 $\frac{3}{4}$ cups

INGREDIENTS XXXX XXXX XXXX XXXX XXXX XXXX XXXX XXXX

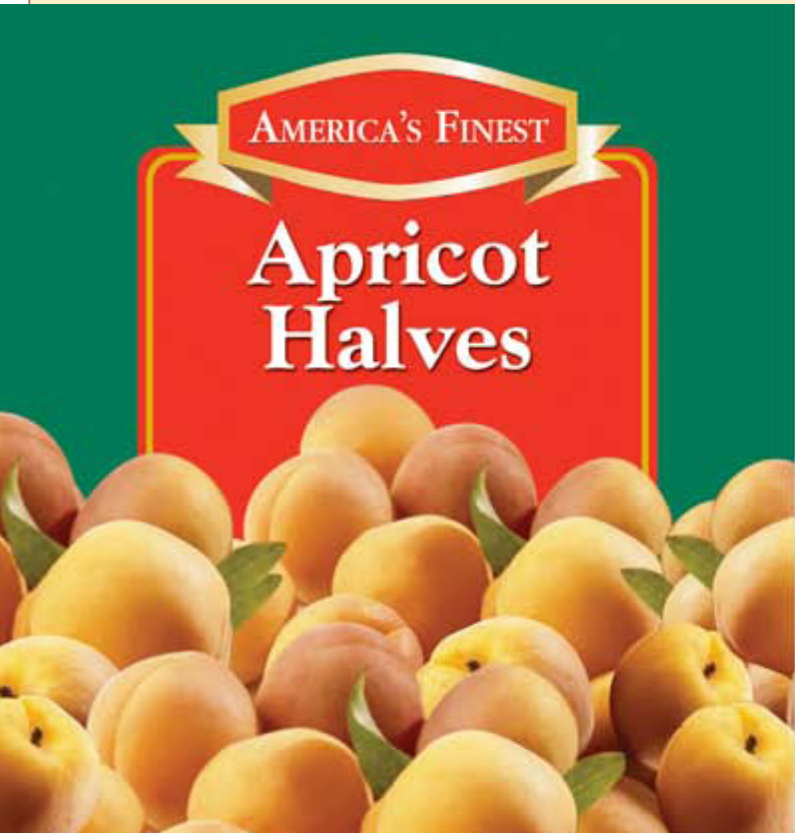


To receive a copy of a nutrition education pamphlet, write to: Food and Nutrition Services, Special Nutrition Programs, 3101 Park Center Drive, Alexandria, VA 22304

Nutrition Facts panel
Abbrev. simplified

UPC Code

New Label



Nutrition Facts
 Serving Size 0 cup (000g)
 Servings Per Container 0

Amount Per Serving	
Calories 000 Calories from Fat 000	
	% Daily Value*
Total Fat 00g	00%
Saturated Fat 0g	00%
Cholesterol 00mg	00%
Sodium 000mg	00%
Total Carbohydrate 00g	00%
Dietary Fiber 0g	0%
Sugars 00g	
Protein 00g	
Vitamin A 0%	Vitamin C 0%
Calcium 00%	Iron 0%

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

INGREDIENTS: PREPARED YELLOW CORN, WATER, SALT, AND SODIUM BISULFITE (TO PROMOTE COLOR RETENTION).

Distributed by:
 XXXXX XXXXXXXX
 XXXXXXXX XXXXX XX
 XXXXXXXXXXXXXXXX
 XXXX
 XXXXXXX XXXX XX

- Care of product**
- Store unopened can in a cool, dry place.
 - Refrigerate after opening.
 - Use within 3 days after opening
 - Heat before serving.

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Plases Recycle U

MyPyramid.gov
 STEPS TO A HEALTHIER YOU

Eating fruits and vegetables provides health benefits. For more information, visit www.MyPyramid.gov to find a personal eating plan with foods and amounts that are right for you.

Whole Grains – What's The Fuss All About?



- Lowers total blood cholesterol levels and LDL cholesterol levels
- Reduces the risk of heart disease and heart attacks.
- Lowers blood pressure and reduces the risk of stroke.
- Reduces the risk of certain cancers, especially colon and rectal cancers.

Check the Label



Whole grain ingredients should be listed *first* on the food package ingredient list.

- If it does not say “whole grain” or “whole wheat” it’s not.
- Food products labeled with words like “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” usually are ***not*** whole-grain.
- Color is not an indication of whole grain.
- Fiber content is not always an indicator of whole grain.

Check the Label



Ingredients: WHOLE WHEAT, SOYBEAN OIL, RYE, CARAWAY SEED, SALT, MONOGLYCERIDES.

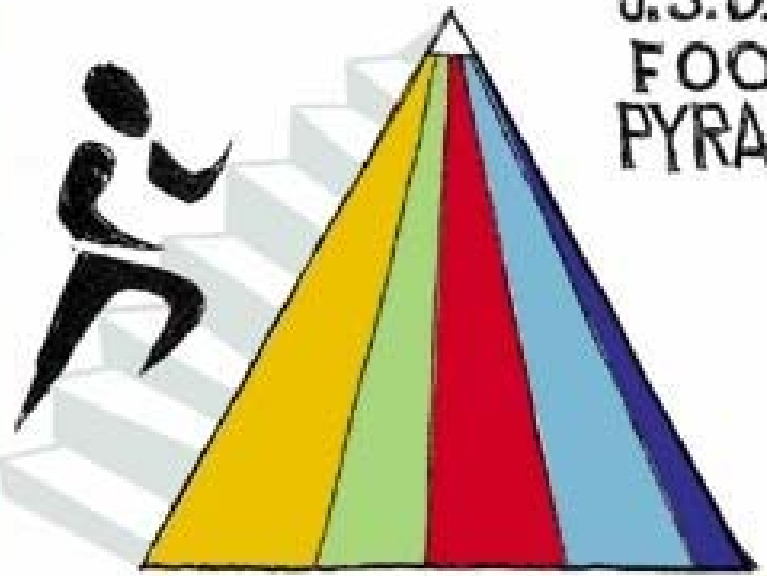
INGREDIENTS: WHOLE GRAIN OATS, MODIFIED CORN STARCH, CORN STARCH, SUGAR, SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.
VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D.

Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL, DEFATTED WHEAT GERM, SUGAR, CORNSTARCH, HIGH FRUCTOSE CORN SYRUP, SALT, CORN SYRUP, MONOGLYCERIDES, MALT SYRUP, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), ARTIFICIAL COLOR (ANNATTO EXTRACT, TURMERIC OLEORESIN).



I'M CONFUSED. DOES LEVEL RED MEAN SEVERE RISK OF TERRORIST ATTACKS, OR EAT MORE FRUIT?

U.S.D.A.
FOOD
PYRAMID



GRAINS VEGETABLES FRUITS MILK MEAT/BEANS



Questions?

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