

March 2012

Happy National Nutrition Month!

This issue of CFSAN's **News for Educators** features at-a-glance topical information to share with consumers as spring approaches, including a focus on the Nutrition Facts Label during National Nutrition Month, food safety for fresh produce, and reading cosmetics labels. And don't miss the list of upcoming meetings, events and other important news from FDA's Center for Food Safety and Applied Nutrition!

Help us share this newsletter. Invite your colleagues to [sign up for future issues!](#)

Nutrition

Use the Nutrition Facts Label

The Nutrition Facts Label is found on all packaged foods and beverages. Remind consumers that it's a great tool for comparing and selecting foods during **National Nutrition Month** ... and beyond. You can use the Label to:

- **Check the serving size.** One package may contain more than one serving.
- **Consider the calories.** In general, 100 calories per serving is moderate and 400 is high.
 - Remember: If you eat more than one serving of a food, you're getting 2 – or more – times the calories listed on the label.
 - Keep track of the calories eaten throughout the day.
- **Choose nutrients wisely.** For some nutrients, more is better; for others, you should try to aim for less when making daily food choices.
 - Checking the Percent Daily Value (% DV) can help! When comparing nutrients, remember that 5% DV is low and 20% DV is high.
 - *Get more of these nutrients:* potassium, fiber, calcium, iron and vitamins A & C.
 - *Get less of these nutrients:* sodium, saturated fat, *trans* fat, cholesterol and sugars.

Nutrition Facts	
Serving Size 1 Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	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.

Online Resource:

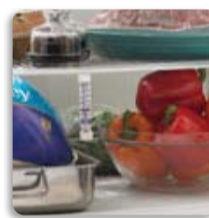
Planning a presentation? You'll find detailed information on the Nutrition Facts Label at [How to Understand and Use the Nutrition Facts Label](#).

Food Safety

Planting the [Food Safety] Seeds for National Garden Month in April

Despite cold temperatures that can still be lingering in March, spring is right around the corner! This is especially good news for your constituents who may be gardeners ... but everyone can benefit from a refresher in preparing and storing fresh produce safely. You can share these basic tips now, and again upon the arrival of local produce season in your community!

- Keep fruits and vegetables that will be eaten raw **separate** from other foods such as raw meat, poultry or seafood — in your grocery cart, and during storage and preparation at home.
- Store perishable fresh produce (like berries) and all pre-cut produce **in the refrigerator**; make sure it is set at 40 °F or below.
- **Wash your hands** for at least 20 seconds with soap and warm water before and after food preparation.
- **Wash all produce** thoroughly under running water before eating, cutting or cooking – **even if you plan to peel it**. Cut away and discard any damaged or bruised areas.
- **Wash cutting boards**, dishes and utensils with soap and hot water between preparation of raw meat, poultry or seafood and produce that will be eaten raw.



Online Resource:

Learn tips for selecting fresh produce on FDA's consumer information page, [Raw Produce: Selecting and Serving It Safely](#).

Cosmetics

Safe Cosmetics Use: Read the Product Label

Label reading isn't only important for food. FDA urges cosmetics users to read and follow all directions on cosmetics labels too, including "Cautions" and "Warnings." Cosmetics labeling in the U.S. became law in 1938 with the passage of the U.S. Food, Drug, and Cosmetics Act. This law requires that a cosmetics label must include:

- What the product is.
- A list of what is in the product and how to use it safely.
- How much of the product the package contains by weight.
- The name of the company that makes or sells the product.



Online Resource:

General guidelines for safe cosmetics use can be found on the downloadable [Cosmetics Fact Sheet](#).

For More Information

- Find nutrition education tools for a variety of audiences on the [Nutrition Facts Label Programs & Materials](#) page.
- Visit the [FDA Resource Library](#) for downloadable topical handouts and fact sheets.
- Invite a friend or colleague to [sign up for future issues](#) of **News for Educators!**

Upcoming Events

National Science Teachers Association National Conference

March 29–April 1, 2012
Indianapolis, IN

Food Safety Summit

April 17-19, 2012

Washington, DC

National School Boards Association

April 21-23, 2012

Boston, MA

National Hispanic Medical Association

April 26 – 29, 2012

Washington, DC

United Fresh Produce Association

May 1 – 3, 2012

Dallas, TX

National Restaurant Association

May 5 – 8, 2012

Chicago, IL

American Association of Family and Consumer Sciences Teachers

June 24–27, 2012

Indianapolis, IN

Institute of Food Technologists Conference

June 25 – 28, 2012

Las Vegas, NV

National Environmental Health Annual Conference

June 28 – 30, 2012

San Diego, CA

National Association for County and City Health Officials (NACCHO)

July 11–13

Los Angeles, CA

Society for Nutrition Education Annual Conference

July 14–17

Washington, DC

International Association for Food Protection

July 22–25, 2012

Providence, RI

American Association of Diabetes Education Annual Meeting

August 1–4, 2012

Indianapolis, IN

Academy of Nutrition & Dietetics Food & Nutrition Conference (ADA)

October 6–8, 2012

Philadelphia, PA

American Academy of Family Physicians

October 17–20, 2012

Philadelphia, PA

National Science Teachers Association National Conference

October 18–20, 2012

Louisville, KY

American Public Health Association Annual Conference

October 27–31, 2012

San Francisco, CA

National Association of Biology Teachers

October 31–November 3, 2012

Dallas, TX

National Science Teachers Association National Conference

November 1–3, 2012

Atlanta, GA

Association of Middle Level Education

November 8–10, 2012

Portland, OR

National Science Teachers Association National Conference

December 6–8, 2012

Phoenix, AZ