



HEALTH & WELLNESS

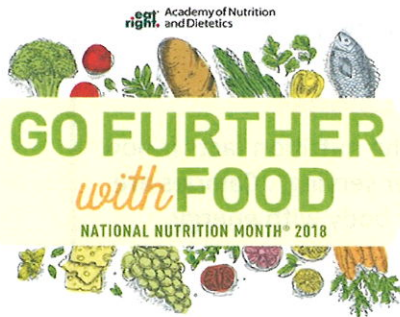
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National Nutrition Month



Go Further with Food

A Registered Dietitian Nutritionist (RDN) can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs. Here are some things you can do on your own:



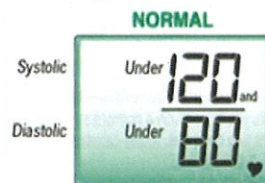
- * Make an appointment with a RDN
- * Include a variety of healthy foods from all of the food groups on a daily basis, include colorful fruits and vegetables.
- * Be mindful of portion sizes. Eat and drink the amount that's right for your body and daily activity.

- * Limit or avoid all sweetened beverages, drink water instead.
- * Limit or avoid highly processed, man-made foods.
- * Consider the foods you have on hand before buying more at the store.
- * Buy only the amount that can be eaten or frozen within a few days. Plan ways to use leftovers later in the week.

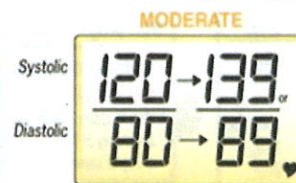
Did you know Arkansas is the #1 state in the nation for stroke, and the #1 risk for stroke is uncontrolled blood pressure.

Do you know your number?

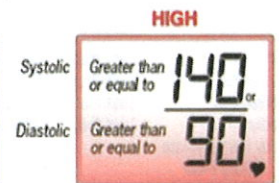
Know your numbers and what they mean



KEEP UP THE GOOD WORK



MAKE HEALTHY LIFESTYLE CHANGES



CHECK WITH YOUR HEALTHCARE PROVIDER AND TAKE MEDICINES AS PRESCRIBED

If you have diabetes, talk with your doctor about appropriate blood pressure levels.

Quick Stir-Fry Beef or Chicken

(Makes 4 servings)

Ingredients

- 2 Tbsp Olive Oil
- 1 lb Beef/Chicken cut into 2-inch strips
- 1 ½ cups Broccoli florets
- 1 Bell Pepper (any color), cut into matchstick size
- 2 Carrots, peeled, thinly sliced into coin shape
- 1 tsp or 1 clove Garlic, minced
- 2 Tbsp Soy Sauce, low sodium

Directions

Heat olive oil in large wok or skillet over medium-high heat. Cook meat until browned, 3-4 minutes. Move meat to side, add broccoli, bell pepper, carrots, and garlic to the center of wok or skillet. Cook vegetables for 2 min.

Stir meat into vegetables and season with low sodium soy sauce. Continue to cook and stir vegetables until tender approximately for an additional 3-5 minutes.

New Nutrition Facts

Understanding the Labels

Did you know the Nutrition Label is changing?

You may have already noticed some changes. By August, 2018 it is mandatory for all labels in the US to follow the new guidelines.

The goal is to make it easier for the consumer to understand what they are eating and drinking. Also, to better highlight a typical serving size.

Current 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 12g	
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

Nutrition Facts	
1 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	
4 Includes 10g Added Sugars	20%
Protein 3g	
5 Vitamin D 2mcg	10%
Calcium 200mg	15%
Iron 8mg	45%
Potassium 235mg	6%
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. Servings

The first thing you should look at is the **serving size**. Servings per container tells you how much you are getting per package/bag.

2. Calories

Calories listed in the nutrition facts is how many calories "per serving". Calories are what provides our body with energy.

3. Fats

Fats are also a way the body provides "energy". Fat is stored as "energy" when the body does not need it immediately. Choose foods with less saturated and trans fat.

4. Added Sugars

Added sugars are the sugars added during the processing of foods. Examples include syrup, dextrose, fructose, honey, etc.

5. Vitamins & Minerals

Vitamins and Minerals are key parts in roles of the body. They help with bones, wounds, and boost your immune system

6. Daily Value (%DV)

%DV helps you to understand what the nutrition information means in the context of a total daily diet.