

SENIOR NUTRITION NEWS

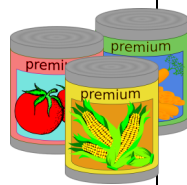
August 2023

Tips for Reading Ingredient Lists

The ingredient list is found on food packages to show which ingredients the packaged food is made from. Ingredients are listed in order from those found in the highest amount to the lowest amount. The ingredient list is helpful for people to know what they are eating and also help those who may have food sensitivities or allergies avoid things that they can't tolerate. The ingredient list can also help you choose healthful products. Here are some tips to help you when reading ingredient lists to make the most nutritious choices:



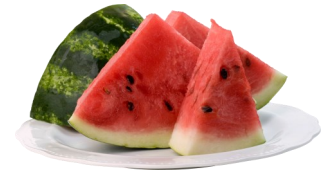
Choose items with a list that...	Avoid items with a list that...
<p>⇒ Is short: As a general rule, the fewer ingredients a product has, the healthier it is.</p>	<p>⇒ Is long: As a general rule, long lists mean more sugars and additives.</p>
<p>⇒ Is easy to understand: Choose foods with ingredients that have uncomplicated names.</p>	<p>⇒ Is hard to understand: Avoid ingredients you do not recognize or cannot pronounce.</p>
<p>⇒ Includes whole grains: In breakfast cereals, crackers, pastas and breads, the word "whole" should appear as the first or second ingredient.</p>	<p>⇒ Are high in sodium or saturated fat: High sodium ingredients include: salt, brine, sea salt, baking soda, monosodium glutamate (MSG), and sodium benzoate. Ingredients high in saturated fat include lard, partially hydrogenated oil, hydrogenated oil, and tallow.</p>
<p>⇒ Includes no or low sugar: Choose foods that do not have a lot of added sugar.</p>	<p>⇒ Includes many sugars: High sugar ingredients include those ending in -ose, syrups, cane sugar, honey, high fructose corn syrup, fruit juice concentrate, and molasses.</p>



Watermelon Salsa

Enjoy this delicious salsa with a sandwich, grilled chicken or fish.

2 cups diced watermelon
2 cups diced mango, cantaloupe or honeydew
½ cup diced red onion
1/4 cup lime or lemon juice
2 Tbsp chopped fresh cilantro



Combine the fruit, onion, cilantro and lime or lemon juice in a large bowl. Toss gently. Cover and refrigerate. Serve cold.

Yogurt & Cinnamon Fruit Dip

1 cup vanilla yogurt
2 Tbsp brown sugar
1 tsp cinnamon

In small bowl, combine all ingredients; mix well. Cover. Refrigerate 1 to 2 hours to blend flavors. Serve with fresh fruit such as apples, bananas, oranges, or your favorite fruit.

Sources: <https://www.nyc.gov/assets/doh/downloads/pdf/cdp/nutrition-education-handouts-adult-workshops.pdf>;
<https://www.afpafitness.com/blog/understanding-food-labels-and-ingredient-lists-faqs-and-dos-and-donts>
retrieved 07/25/23

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.