

Fitness Matters

Health Promotion for Faculty and Staff
530 Rivers St, 12 Varsity Gym
(828)-262-6314
healthpromotion.appstate.edu



March 2016

Nutrition Month

Important dates:

March 3- Blood Screening

March 23- Blood Screening

Call (828)- 262- 6314 to make an appointment for these events



Spring Break Facility Hours

March 7-11

10 am-2 pm Monday-Friday

No Exercise Classes

**Facility Closed March 28 & 29 for
University Holidays**

*"Live a healthy lifestyle
by creating time for
good nutrition."*

- Dave Shepp

Information gathered from United
Healthcare at uhctools.com

Understanding food labels

Reduced fat vs. low-fat: Reduced fat means that the product has 25 percent less fat than the full-fat version. Low-fat entails that no more than 30 percent of calories can come from fat.

No added sugar vs. sugar-free: According to the U.S. Food and Drug Administration, no added sugar means that no additional sugar or ingredients containing sugar were added during the foods production process. To be totally sugar-free there must be less than 0.5 grams of sugar per serving..

Trans-fat free vs fat-free: Trans-fat free means that the product is free of trans-fat but still contains unsaturated and saturated fats. To be considered fat-free, a product must have fewer than 0.5 grams of fat per serving.

Whole-grain vs. whole-wheat vs. multigrain: Whole-grain entails that the grain remains whole during processing, with the bran, endosperm, and germ all intact. Whole-wheat products are stripped of some grains during processing. Multigrain doesn't guarantee that the grains being used are whole, but just that a variety of different grains are being used.

All-natural vs. organic: All-natural foods do not need to be certified with the U.S. Department of Agriculture (USDA) and mean that the foods are made with no chemicals or artificial ingredients. For a food to be considered organic it must be certified with the USDA which ensures that it was made with only organically produced ingredients and no chemicals, fertilizers, or pesticides were used during production.

Eating healthy on a budget

- Plan your meals before you go shopping.
- Avoid shopping when you are hungry.
- Buy generically or store brand foods.
- Buy large portions, divide into servings, and freeze them.
- Grow your own fruits and vegetables.
- Buy fruits and vegetables that are in season. They taste better and are cheaper.
- Look for food on sale, buy it and freeze it for a later date.
- Limit junk foods, they're generally the most expensive items at a grocery store.
- Cook large portions, eat the leftovers later that week, or freeze the rest.