

THE FDA IS GIVING THE NUTRITION FACTS LABEL A MAKEOVER



You may have already noticed the Nutrition Facts label changes on your most recent shopping trip. These updated regulations issued by the FDA (Food and Drug Administration) are based on new evidence, the current dietary recommendations and input from the public. This new mandate will require all food manufacturers in the U.S. to comply by Jan. 1, 2021.

New Label

Nutrition Facts	
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	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

So, What's Changing?

1 Serving Sizes

According to the Centers for Disease Control and Prevention (CDC), since the average adult tends to consume more calories now than when the label was last updated, the serving size section now reflects what someone is likely to eat or drink at one time, rather than the recommended serving size based on a 2,000-calorie-per-day diet. For example, in the past, the serving size of ice cream might have been ½ cup, but would actually have ⅔ cup (in the container). Now, both a 12-ounce and 20-ounce bottle of soda will be labeled as 1 serving since people are likely to drink either size in one sitting.

2 Calories and Fat

The updated label will show percentages from unhealthy trans and saturated fats.

3 Added Sugars

Labels will now show the percentage from added sugar. Less than 10% of your daily calories should be from added sugar.

4 Updated Nutrients

According to the CDC, here are the updates to the nutrient information on the label:

- Vitamin D and potassium values will now be required on the label.
- Calcium and iron will continue to be required.
- Vitamins A and C will no longer be required but can be included on a voluntary basis.

Sodium Allowance

The daily limit for sodium is decreasing from 2,400 mg per day to 2,300 per day.

Dual-Column Labels

As a result of the updated serving-size information, new dual-column labels will now show nutrition facts for a single serving compared to the consumption of the entire package.

"Changes to the Nutrition Facts Label," U.S. Food & Drug Administration, fda.gov, accessed Jan. 29, 2020.

"Learn How the New Nutrition Label Can Help You Improve Your Health," Centers for Disease Control and Prevention, cdc.gov, accessed Jan. 29, 2020.

One-Pan Honey Chicken Thighs & Vegetables

Prep Time: 5 minutes
Cook Time: 40 minutes
Total Time: 45 minutes

ingredients

- 1½ to 2 pounds skinless, boneless chicken thighs (or chicken breasts)
- ¼ cup honey
- 3 tablespoons soy sauce
- 2 tablespoons sesame oil, divided
- 1½ teaspoons ground ginger
- 3 teaspoons minced garlic
- salt and black pepper to taste
- 3 carrots, sliced
- 2 cups broccoli

directions

1. Combine the honey, soy sauce, 1 tablespoon sesame oil, 1 teaspoon ginger, garlic, salt and pepper in a plastic-sealed bag. Add chicken to the bag and marinate the mixture for at least one hour or overnight.
2. Preheat your oven to 425 F.
3. Cover a rimmed pan with aluminum foil and coat with sesame oil or non-stick cooking spray.
4. Add carrots and chicken to pan and sprinkle with remaining ½ teaspoon ginger and remaining 1 tablespoon sesame oil. Cook for about 20 minutes.
5. Add the broccoli to the pan and stir together with carrots. Cook for an additional 20 minutes or until the chicken is cooked thoroughly and vegetables are tender.



Do you travel often for work, but don't necessarily fly?

Instead, you travel by car, train or bus and are a passenger. Sunlight, strange and loud noises, bumps in the road, even people who usually have no trouble getting a good night's sleep can become insomniacs when away from home.

According to Dr. Michael Grandner, Director of the Sleep & Health Research Program at the University of Arizona, you should bring things that create an environment as conducive to sleep for you as possible. Here are some items that may help you rest well (or at least better while you're on the road):

Memory Foam Neck Pillow

Memory foam neck pillows offer contouring support for your head and neck as you're sitting upright – so you can get comfortable during traveling.

Sleep Mask

Sleep masks are great for blocking out all light, which helps tell your brain to produce melatonin so you can get quality rest.

White-Noise App or Portable Sound Machine

Customize your own soothing sleep soundtrack. You can easily download a free white-noise app on your mobile device(s) or carry a portable sound machine.

Stainless-Steel Travel Mug

Carry your favorite beverage with you or sip on something relaxing like a caffeine-free, herbal tea while this mug keeps it warm during travel.

Essential Oils

Aromatherapy products can reduce stress and promote a calm and relaxing atmosphere to help you rest.

Soft Earplugs or Noise-Canceling Headphones

Block out loud and startling noises both inside and outside, from radio static to honking or emergency vehicles.

Wool and Cashmere Blanket

This can come in handy when the air-conditioning kicks in (especially in the summer) and the temperature isn't suitable for you. They are also light enough to stow away in luggage easily.

Book, Slippers and Pajamas

Don't forget the cozy essentials (that you may use in your nightly bedtime routine at home) to help send the signal to your brain that you're getting ready to sleep.

"How to Sleep Better On The Road," Jonathan Beverly, blog.fitbit.com, March 19, 2019

"6 Items to Sleep Well (or at Least Better) While Traveling," Christine Ryan, nytimes.com, Sept. 21, 2019

"42 Things On Amazon That Can Help You Sleep Better," Jenny White, bustle.com, Jan. 12, 2020.