

April 2014/ Issue 16

Nutrition Messages May Be Getting Through!

Are Adults Finally Making Positive Changes in Food Intake?

There may be hope for our diets yet

This past January, the United States Department of Agriculture Economic Research Service released a report indicating that working age adults may be eating more healthfully than in the past. This report compared self-reported food intake from 2005-06 and 2009-2010 in adults who were born between 1946 and 1985.

The report found that these adults were consuming slightly fewer calories from foods prepared outside the home and eating more meals at home with family members. These meals at home were more often homemade and less often take-out. Also there was a drop in snacks prepared away from home.

Along with a decline in calories consumed (73 less per day), there was also a decline in consumption of cholesterol (7.9%) and saturated fat (5.9%) and an increase in fiber (by 1.2 grams). These changes were more often reported by those with some college education.

Another good sign was that more adults reported routinely reading nutrition facts labels when selecting food and paying attention to nutrition claims on packages. Working-age adults were also more likely to rate their own diet quality as excellent, very good or good in 2009-10 than in 2007-08.



Eating More Vegetables Will Improve Your Intake of Many Nutrients

Whether these changes are going to continue remains to be seen. The recession that began in 2008 may have impacted how often people ate out and what they chose to eat, but at least the changes were in the right direction.

Looking for Some On-Line Fitness Videos?













Exercise routines can get pretty monotonous at times. If you want some new ideas, check out the website called **Fitness Blender** at www.fitnessblender.com

This web site offers numerous short videos featuring different exercises at different intensity levels. You can do one workout or combine workouts to meet your time and intensity needs.

Drinks are Major Sources of Sugar and Calories!

How much sugar are you drinking?

Many people forget that a big source of sugar is sugary drinks. Soft drinks are a major source of added sugar in our diets, but sometimes sugar from other drinks is overlooked. Added and natural sugar can also be found in fruit juice and milk. So exactly how much sugar are you drinking? Let's look at this chart to find out.

In 8 ounces	Teaspoons of Sugar	In 8 ounces	Teaspoons of Sugar
Cola		Citrus Flavored Soft Drink	
Diet Drink	None	Unsweet Tea	None
1% Milk		Energy Drink	
Soy milk		Orange Juice	
Chocolate Milk		Apple Juice	
Chocolate Soy Milk		Grape Juice	
Cranberry Juice Cocktail		Lemonade	

FDNS-E 173- 18

Date 4/2014

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