

# **New Horizon Foods Nutrition News**

## **March 2016 Edition**

## **Healthy Holiday Eating**

SO....WHATS IN YOUR EASTER BASKET??



Are you putting together an Easter basket this season? There are a few things to be aware of, if so! Even the most modest of basket has more than 250 grams of sugar, which amounts to nearly 1,000 calories from sugar alone. That's on top of 64 grams of fat — an entire day's limit, according to the DGAs.

And while it's a yearly indulgence, many of these candies are just holiday versions of the treats we eat year-round. It is important to read the food labels when choosing your treats. They

can look like straight-forward foods, solid chocolate, for example — but still contain unrecognizable additives. we might think twice about. From a preservative derived from petroleum to a candy-coating made from the excretions of insects, Easter candy isn't so pretty if you take time to look at and research the ingredients contained.

How about adding some whole fresh fruit and vegetables to your basket along with less candy and start a new family holiday tradition?!

#### HERE ARE SOME COMMON CANDY FACTS

#### **DOVE CHOCOLATE BUNNY**

690	cals
42g	fat
24g	sat fat
69g	sugar
10 ingredients	9

**INGREDIENT SPOTLIGHT:** "Chocolate processed with alkali" reduces the cacao content of chocolate, diminishing the antioxidant returns. In other words, this bunny is all sugar, no polyphenols.

#### **2 CADBURY CREAM EGGS**

300 cals 12 g fat 8 g sat fat 40 g sugar 16 ingredients

**INGREDIENT SPOTLIGHT:** Natural and artificial flavors: A catch-all term that can include flavoring of any provenance as long as its origin -- either derived from nature or from a lab -- is specified.

#### **5 PEEPS**

140 cals 0 g fat 0 g sat fat 34 g sugar 16 ingredients

**INGREDIENT SPOTLIGHT:** Gelatin is made from collagen and anyone who's seen a night cream commercial knows where collagen comes from: skin. Well, skin and bones and hoofs and cartilage and intestines. There are no confirmed health risks associated with gelatin consumption, but it isn't suitable for vegans, vegetarians and those who practice religious dietary restrictions.

#### 3 SERVINGS BRACH'S JELLY BIRD EGGS

450 cals 0 g fat 90 g sugar 14 ingredients

Confectioner's glaze" is another name for shellac, often referred to as the real beetle juice: a candy coating made from the secretions of female lac bugs (latin name: Kerria lacca). Shellac is also used to finish wood. There is no recorded adverse health effect, although some vegans may want to avoid the ingredient.



DID YOU KNOW.... MARCH is

### **National Nutrition Month**

March is National Nutrition Month®. National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods – that's the best way to savor the flavor of eating right!

Check out the following resources to help research your nutrition questions and to help expand your nutrition knowledge:

The Academy of Nutrition and Dietetics <a href="http://www.eatright.org/nnm">http://www.eatright.org/nnm</a>

Dietary Guidelines for Americans, 2016 http://www.cnpp.usda.gov/dietaryguidelines.htm

MyPlate www.choosemyplate.gov

NCES: Health & Nutrition Education www.ncescatalog.com

### **Healthy Easter Recipe Ideas**







This Easter why not try some fun new ideas using fresh, whole foods such as fresh fruits, vegetables, or eggs to dress up your table. This is also a great way to get the kids involved in Easter cooking and meal preparation.

#### **FUN FACTS**

How much time does it take to burn 300 calories? The amount of time it takes to burn 300 calories depends on the activity you're doing, the intensity of the activity, and your size. On average it takes people approximately 1 hour, but depends on the above factors.