



Shore Health

Long Beach Island
Health Department

Volume 13, Issue 3
Fall/Winter 2016

The New Nutrition Facts Label

Those food labels on the packaged food you eat are going to start to look a bit different. Every five years the Food and Drug Administration (FDA) reviews the label and makes changes to reflect current scientific information. The new label will make it easier for consumers to make better informed food choices.

What's New

- Serving size and calories will be in a larger bolder type.
- Manufacturers will have to show the actual amount, in addition to percent Daily Value, of vitamin D, calcium, iron and potassium. Vitamins A and C will no longer be required because deficiencies of these vitamins are rare.
- There will be a list of the grams and percent daily value for added sugars. Most people need to limit their added sugar consumption to 10% of their daily calories.
- Total, Saturated, and Trans Fat will still be on the label, but “Calories from Fat” will not, because research shows the type of fat is more important than the amount.
- Serving size is required to be a closer reflection of typical servings eaten by Americans, in order to provide a more realistic indication of the calorie impact of the food. For example, a serving of soda is changing from 8 ounces to 12 ounces.
- For certain products that are larger than a single serving but that could be consumed in one sitting, manufacturers will have to provide “dual column” labels so that information can be listed both by serving and by package.

Original vs. New Format

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 2/3 cup (55g) Servings Per Container About 8 | |
| Amount Per Serving | |
| Calories 230 | Calories from Fat 72 |
| % Daily Value* | |
| Total Fat 8g | 12% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 12% |
| Dietary Fiber 4g | 16% |
| Sugars 1g | |
| Protein 3g | |
| Vitamin A | 10% |
| Vitamin C | 8% |
| Calcium | 20% |
| Iron | 45% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs. | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |

| 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. | |

Inside this issue:

| | |
|-------------|---|
| Diabetes | 2 |
| Food Safety | 3 |
| Flu Shots | 4 |
| BP Clinics | 4 |



Websites of interest:

Family Health History
www.hhs.gov/familyhistory

Handwashing
www.henrythehand.org

Caregiver Action Network
www.caregiveraction.org

Lung Cancer Alliance
www.lungcanceralliance.org

Winter Safety and Preparedness
weather.com/safety/winter

Organdonor.gov
www.organdonor.gov/index.html

Traveler's Health
wwwnnc.cdc.gov/travel

Food and Drug Administration
www.fda.gov

Food Allergy Research & Education
www.foodallergy.org

Childhood Lead
www.state.nj.us/health/childhoodlead

Juice: Can it be part of a healthy eating pattern?



Juice & Dietary Guidelines:

Juice allows for a lot of calories to be consumed quickly. There are 71 calories in one orange, yet 8 ounces of orange juice provides 112 calories. If people ate three oranges instead of drinking the juice, they would feel a lot fuller! Part of that is due to the three grams of dietary fiber in each orange.

According to the Dietary Guidelines for Americans, 1/3 of all fruit eaten in America is in the form of juice. The Dietary Guidelines for Americans recommend that we “shift to mostly whole fruits, in nutrient-dense forms.” The guidelines also say that “although fruit juice can be part of a healthy eating pattern, it is lower than whole fruit in dietary fiber and when consumed in excess can contribute extra calories. Therefore, at least half of the recommended amount of fruit eaten daily should come from whole fruits.”

Source: Cheryle Jones Syracuse, MS, Professor Emeritus, The Ohio State University

Juice vs Fruit:

Whole Fruit: Offers fewer calories for the satiety it provides, features more dietary fiber, takes longer to eat and therefore provides more eating satisfaction

Juice: Offers a quick and easy way to reach daily fruit servings and could be enriched with needed nutrients.

Kids and Juice:

The amount of fruit juice allowed in the USDA Food Patterns for young children aligns with the recommendation from the American Academy of Pediatrics. Young children should consume no more than 4 to 6 ounces of 100% fruit juice per day.

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can lower your risk by more than half. To help prevent type 2 diabetes:

- **Aim for a healthy weight.** For helpful tools visit http://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm
- **Eat healthy.** Choose to eat more vegetables, fruits, and whole grains. Cut back on high-fat foods like whole milk, cheeses, and fried foods. This, along with watching portion sizes, will help you reduce the amount of fat and calories you take in each day.
- **Be more active each day.** Try to be active for at least 30 minutes, 5 days a week. Walking is a great way to get started and you can do it almost anywhere at any time. Bike riding, swimming, and dancing are also good ways to move more.

Visit the American Diabetes Association at <http://www.diabetes.org> to take the Type 2 Diabetes Risk Test, find out about Prediabetes and learn how to prevent or delay type 2 diabetes.

Did you know...Dental Cleanings May Help Keep Lungs Clean, Too

Regular dental checkups not only keep your smile bright, they may also keep your lungs healthy. A new study suggests that regular dental cleanings could lower your risk of pneumonia by reducing levels of bacteria that cause the lung infection. Each year, nearly 1 million Americans develop pneumonia, the researchers said, and 50,000 die from the disease. Anyone can get pneumonia, but it is more common among older people, those with lung disease like COPD and asthma, and those with lowered immune systems.

Read the full article at https://medlineplus.gov/news/fullstory_161726.html

Flour and E. Coli:



Food safety experts have long been preaching about the risks of eating raw batter or dough. Their concern was usually the possible harmful bacteria in raw eggs. Now there's another red flag: E. coli has been linked to flour. Since flour is made from wheat that is grown outdoors, it could contain bacteria like E. coli. Typically, E. coli causes bloody diarrhea, abdominal cramps, and dehydration. Most people recover within 3-4 days, though some strains can cause more serious complications.

Raw dough and batters offer the biggest opportunity to contact raw flour. When using baking mixes and other flour-containing products, be sure to follow proper cooking temperatures and bake the food for the specified times. Take extra care when it comes to children. Kids love to play with food like raw pizza dough, pie crust and cut-out cookies. Kids tend to put everything in their mouths, and in this case, that behavior could lead to an illness. There are also lots of recipes and ideas for craft projects, glue, or “clay” that could expose you and children to uncooked flour.

Doggy Bag Safety

The Two Hour Rule:



With the size of many restaurant portions these days, it's only wise to bring part of your food home for another meal... or possibly two. Whether you're really taking the food home for the dog or yourself, it's also important to keep it safe. That's where the “two hour rule” comes in. Perishable food left at room temperature for more than two hours may become unsafe to eat. Remember, it becomes the “one hour rule” when temperatures are hotter than 90 degrees outside. Think about how hot the inside of a car can get.

Bring a Cooler!

If you're planning on a movie or a little shopping after dinner, then it's not safe to leave the food to sit in the car for that extra time. Bring a cooler with ice if you know you're probably going to get a doggy bag... that's a good thought whether you're going straight home or not.

Safety at Home:

Once you get that doggy bag home, rewrap those leftovers and put them in the refrigerator as soon as possible. Those little foam boxes aren't airtight and don't do a great job of keeping the food moist and fresh. The storage temperature of the leftovers is another key thing to think about. Refrigerators should be kept at 41 degrees or below.

Source: Cheryle Jones Syracuse, MS, Professor Emeritus at The Ohio State University

Medication Disposal



Most over the counter and prescription medications should not be discarded down the drain or toilet because wastewater treatment facilities are not designed to remove pharmaceutical compounds and they may end up in your local waterways, and may eventually be found in drinking water. Throwing them away in the trash, without taking precautions, could allow people, children or pets to obtain and consume medication that was not prescribed to them.

The Long Beach Township Police Department and the Borough of Harvey Cedars are now permanent locations for Project Medicine Drop, which allows the public to dispose of unused and expired medications anonymously, seven days a week, 365 days a year. The boxes are for pharmaceutical disposal of pills, capsules, patches and pet medications – but not mail (the boxes are the same shape but different colors), trash, syringes or liquids.



**Long Beach Island Health
Department**

Daniel J. Krupinski MPH,HO,REHS
Health Officer
2119 Long Beach Blvd.
Ship Bottom, NJ 08008

Phone: 609-492-1212
Email: lbihd@lbihealth.com

Visit us on the web:
www.lbihealth.com



*The Long Beach Island Health
Department is the branch of local
government responsible for
protecting and promoting the health of
the residents of:*

*Long Beach Township
Beach Haven
Ship Bottom
Surf City
Harvey Cedars
Barnegat Light*

*The Public Health activities and
programs include services for
individuals and their families, as well as
for the environment in which we live,
work, and play.*



Public Health
Prevent. Promote. Protect.

It's not too late to get a flu shot.

CDC recommends a yearly flu vaccine for everyone 6 months and older. An annual seasonal flu vaccine is the best way to reduce the chances that you will get the flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community. Although flu viruses start circulating as early as October, during most seasons influenza activity peaks in January or later.

**The regular and high dose vaccines are still available at the
Long Beach Island Health Department office.
Please call 492-1212 for an appointment.**

Dr. Jan Astin Mobile Digital Mammography Van

Friday, January 13, 2017

To make an appointment call (609) 677-XRAY (9729)
Most insurance plans accepted. Funds are available to provide
mammograms to women without insurance coverage.

Adult Health Promotion Clinics

Public Health Nurses are available for blood pressure screening, risk factor assessment, and health education at these locations:

Long Beach Island Health Department
2119 Long Beach Boulevard
Ship Bottom
2nd Wednesday --10:00AM -11:00AM

Long Beach Island Branch of the Ocean County Library
217 S Central Avenue
Surf City
1st Tuesday --11:00AM -12 noon

Harvey Cedars Borough Hall
76th & Long Beach Boulevard
3rd Tuesday --9:30AM -10:30AM

Barnegat Light Borough Hall
10 East 7th St
3rd Tuesday --11:00AM -12 noon