

## Ask the Expert:

### Meaning of “All-Natural” and “Whole” Food Labels

Written by Nicolette A Mehas, Research Assistant in the Department of Nutrition Science, Purdue University

Food label claims, like “all-natural” or “whole,” may be difficult to understand. Knowing what these terms mean helps to make wise food choices.

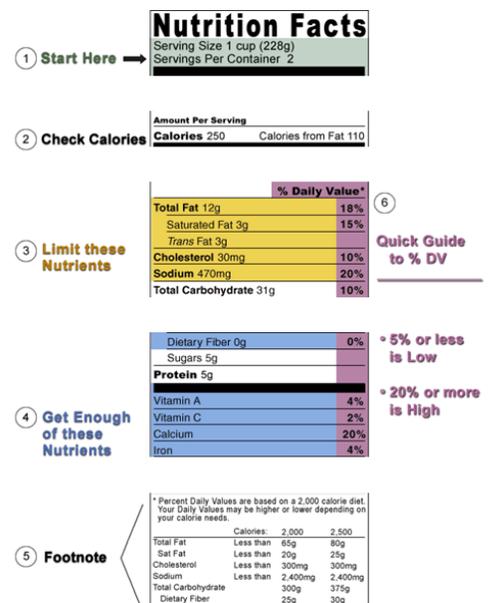
There is no standard definition of “natural.” “Natural” or “all-natural” on food packaging suggests that the food has been minimally processed and does not contain added colors, artificial flavors, or synthetic substances. The label “natural” does not refer to standards for raising methods of an animal or a plant, pesticide usage, or production process. “Natural” claimed products should clarify how they are natural. The term “whole foods” means that the food is unprocessed and does not have added ingredients.

“Processed” foods are foods that have undergone a “change of character.” For example, a head of lettuce may be considered unprocessed, while a bag of pre-washed, cut lettuce may be considered processed. Processed foods can be healthy or unhealthy, similar to any other types of foods. The best way to find out if a food has the nutrients and energy you need is to read the nutrition facts label.

The nutrition facts label allows you to compare one food to another food. The amount of saturated fat, carbohydrates, sodium, sugar, and calories in the food will give you more information about the health of a food than the packaging claims.

Most Americans eat too many calories, too much saturated fat, sodium, and added sugars. Most Americans also eat too little fiber, calcium, potassium, and vitamin D. Some of these nutrients are not yet listed on the nutrition label, but will be added to all nutrition labels by 2019.

Sources: <http://www.eatright.org/resource/food/nutrition/nutrition-facts-and-food-labels/understanding-food-market-ing-terms>; <http://www.diabetes.org/mfa-recipes/tips/2013-03/organic-natural-whats-it.html>; <http://www.diabetes.org/mfa-recipes/tips/2016-01/what-are-all-natural-and-whole.html>; [http://www.foodnavigator-usa.com/var/plain\\_site/storage/](http://www.foodnavigator-usa.com/var/plain_site/storage/); <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>



**1 Start Here** → **Nutrition Facts**  
Serving Size 1 cup (228g)  
Servings Per Container 2

**2 Check Calories** Amount Per Serving  
Calories 250      Calories from Fat 110

**3 Limit these Nutrients**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

**4 Get Enough of these Nutrients**

Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein 5g</b>	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

**5 Footnote**

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values 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

**6 Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High



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## Food Safety: Seafood Dos and Don'ts During Pregnancy

Written by Wagma Mirzoy, Research Assistant in the Department of Nutrition Science, Purdue UniversityIn

Pregnancy is an exciting time for couples as they prepare for their growing families. However, pregnancy can also be stressful and worrisome, as soon-to-be mothers are bombarded with infinite dos and don'ts from their loved ones. One myth that may be relayed to pregnant moms is that seafood can harm the development of a baby.



Seafoods can be a great source of low-fat protein, “good” fats, and other essential nutrients. Many seafoods are high in omega-3 fatty acids. These nutrients will be passed to babies, and will support healthy brain and eye development. However, it is also important to monitor the types of seafoods that pregnant moms eat. Methyl-mercury-rich seafoods such as tuna, walleye, swordfish, and orange roughy should not be consumed during pregnancy. Mercury accumulated

in these fishes' tissues can damage a baby's developing nervous system. However, there are many safe and low-mercury-containing seafoods that can be consumed in pregnancy. See the list below to better understand which fish are best choices for pregnancy. By following these tips, pregnant mothers can give their babies a healthy and safe environment to grow and develop. Lastly, if moms are not certain about the safety of a food product, do not hesitate to contact a physician for more information.

Advice for Pregnant or Nursing Women & Women Who May Become Pregnant			
Best Choices Lowest in Mercury & Highest in Healthy Fats	Lowest Mercury 12 ounces per week	Moderate Mercury 4 ounces per week	High Mercury / PCB* <b>Do Not Eat</b>
<ul style="list-style-type: none"> <li>herring</li> <li>mackerel (Atlantic, jack, chub)</li> <li>rainbow trout (farm raised)</li> <li>salmon (wild or farm raised)</li> <li>sardines</li> <li>whitefish</li> </ul> <p>Eating as little as 6 ounces per week of these fish provides the recommended amount of healthy omega-3 fatty acids.</p>	<ul style="list-style-type: none"> <li>catfish (farm raised)</li> <li>clams</li> <li>cod</li> <li>crab</li> <li>flounder, plaice, sole</li> <li>haddock</li> <li>herring</li> <li>mackerel (Atlantic, jack, chub)</li> <li>mullet</li> <li>oysters (cooked)</li> <li>pollock</li> <li>rainbow trout (farm raised)</li> <li>salmon (wild or farm raised)</li> <li>sardines</li> <li>scallops</li> <li>shrimp</li> <li>squid</li> <li>tilapia</li> <li>tuna (Skipjack, Light, canned)</li> <li>whitefish</li> </ul>	<ul style="list-style-type: none"> <li>bass (saltwater, black)</li> <li>buffalo fish</li> <li>carp</li> <li>freshwater perch</li> <li>grouper</li> <li>halibut</li> <li>lobster (northern, Maine, Atlantic)</li> <li>mahi mahi (Dolphin-fish)</li> <li>Pompano (Florida)</li> <li>sablefish</li> <li>sea trout (weakfish)</li> <li>snapper</li> <li>Spanish mackerel (S. Atlantic)</li> <li>tilefish (Atlantic)</li> <li>tuna (Albacore, Yellowfin, White, canned)</li> <li>white croaker (Pacific)</li> </ul>	<ul style="list-style-type: none"> <li>bass (striped)*</li> <li>bluefish*</li> <li>Chilean sea bass</li> <li>golden snapper</li> <li>Jack (Amberjack, Crevalle)</li> <li>king mackerel</li> <li>marlin</li> <li>orange roughy</li> <li>shark</li> <li>Spanish mackerel (Gulf of Mexico)</li> <li>swordfish</li> <li>tilefish (Gulf of Mexico)</li> <li>tuna (all fresh or frozen)</li> <li>walleye (Great Lakes)</li> </ul> <p>*PCB (polychlorinated biphenyls) are higher in these species</p>
<p>Excessive mercury can pass through the placenta or mother's milk and harm your baby. Do not eat fish from the high mercury category. If you eat 4 ounces from the moderate category, don't eat any more fish from this category until the next week.</p>			

Written by Shelby M Burke, Undergraduate Student in the Department of Nutrition Science, Purdue University

A common misunderstanding among grocery shoppers might be between the terms “natural” and “organic.” This confusion may result in consumers purchasing food that is not produced in the way they believed it was produced.

The term “organic” means that food meets the USDA guidelines of the Organic Foods Production Act to sustain natural resources, biodiversity, animal health, and welfare. The USDA Organic Seal (shown to the right) on a food product certifies that the seller has passed regular standards checks to meet the guidelines of this act. The food must be grown and processed without synthetic hormones, pesticides, or artificial preservatives. The term “natural” listed on foods is not as highly regulated. See the article on page 1 for further clarification of the term “natural” on food packages.

Understanding the true definition of label claims will give smart shoppers confidence that they are getting the quality of food they expect.

Sources: <http://www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&contentid=organic-agriculture.html>; <http://www.organicitsworthit.org/natural/natural-vs-organic>; <https://www.ams.usda.gov/sites/default/files/media/Organic4colorsealJPG.jpg>



## Green Bean “Fries”

### Ingredients (5 servings)

**8 ounces canned green beans, trimmed;**  
**1 egg; 1 egg white;**  
**Dash hot sauce;**  
**1/2 cup cornmeal;**  
**1/2 tsp garlic salt;**  
**1/8 tsp ground black pepper;**  
**2 tbsp freshly grated Parmesan cheese**



### Directions:

1. Preheat the oven to 425 degrees F
2. Whisk together the egg, egg white and hot sauce
3. Mix the remaining ingredients in another dish
4. Dip each green bean in the egg mixture and then lightly coat in the cornmeal mixture
5. Place the green beans on a baking sheet. Bake for 25 minutes, until they are slightly golden
6. Serve with your favorite dipping sauce

Recipe Source: <http://www.diabetes.org/mfa-recipes/recipes/2014-05-green-bean-fries.html>

### Green Bean “Fries”

Per serving: 90 Calories, 4g Total Protein, 14g Total Carbohydrate, 2g Total Dietary Fiber, 2g Total Sugars, 2.0g Total Fat, 0.7g Total Saturated Fat, 185mg Sodium

### Baked Apple Chips

Per serving: 50 Calories, 0g Total Protein, 13g Total Carbohydrate, 2g Total Dietary Fiber, 9g Total Sugars, 0.0g Total Fat, 0.0g Total Saturated Fat, 0mg Sodium

Pictures: <http://damndelicious.net/2014/12/15/baked-green-bean-fries/>; <https://thevegetarianger.files.wordpress.com/2013/07/dsc0516.jpg>

## Baked Apple Chips

### Ingredients (4 servings)

**Parchment paper;**  
**2 medium apples (Honeycrisp or another sweeter apple);**  
**1 tsp cinnamon**

### Directions:

1. Preheat the oven to 200 degrees F. Lay the parchment paper on one large or two medium baking sheets.
2. Use a mandolin or knife, thinly slice the apples to make round chips. Discard the seeds.
3. Lay the apple slices on the baking sheets without overlapping. Sprinkle the cinnamon over apples.
4. Bake for 1 hour, then flip the apples. Continue baking for 1-2 hours, flipping occasionally, until the apple slices are no longer moist. Let cool completely and then store in airtight container.

Recipe Source: <http://www.diabetes.org/mfa-recipes/recipes/2014-10-baked-apple-chips.html>

**Underlining denotes a TEFAP commodity ingredient**



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This newsletter is edited by Quynh Nguyen, Yibin Liu, PhD and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

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## November Free IEFRN Webinar: Writing Successful Grant

IN THE NEWS

Written by Heather A. Eicher-Miller, PhD., Assistant Professor and Director of Indiana's Emergency Food Resource Network, Department of Nutrition Science, Purdue University



Writing a grant, large or small, is a great way to gain support for your food pantry or community project. Interested partners are out there ready to hear your ideas but you have to write a compelling proposal to be awarded or "granted" these funds. IEFRN will be hosting a free webinar on "Writing Successful Grants" that will be posted

on the IEFRN website for viewing online after November 1, 2016.

The webinar will describe the basics of grant writing including finding a funding source, how to organize your ideas and describe what you want to do, important details, and your relationship with the potential funding organization. All are welcome to "attend" the webinar, the content will be most useful to those who are considering applying for an outreach type grant for your pantry or community program.

**WHAT:** Want to write a successful grant for your community program? Learn about the basics of grant writing to showcase your ideas to potential funders.

**WHERE:** Go to the IEFRN Webinar webpage at: <https://www.purdue.edu/indianasefrnetwork/resources/webinars.aspx>

**WHEN:** after November 1, 2016

**WHY:** To help Indiana emergency food providers, community agencies and partners extend more resources to our Indiana communities!