



# Nutrition Highlights

## Natural vs. Artificial Foods

At HealthBarn USA, we teach kids (and the parents who love them) about eating natural foods and why these foods are good for their bodies. Wondering what counts as a natural food? Ask yourself the following questions: What foods do you eat that grow on a tree? On a bush? Come from a cow? From a chicken?

These foods are natural because we know where they come from, nature! **Natural foods are fresh, minimally processed and have more vitamins and minerals to help us grow strong and healthy.**

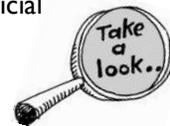
If a food is not natural, what is it? It is artificial. **Artificial foods come from factories, which means they are man-made.**

Always check the ingredients on your packaged products! Fat and calories get a lot of attention, but at HealthBarn USA we are all about the ingredient list, which you can usually find under the nutrition facts label (see reverse side).

Some hints that a product may be artificial are: long, hard to pronounce words, and ingredient lists of 5 items or more.

### Get Your Kids Involved!

- Bring your child along to the supermarket or local farmers' market to pick her natural favorites
- Encourage your child to read ingredient lists on his favorite products to you so he can determine whether the products are natural or artificial



- Include your child in food preparation and cooking,

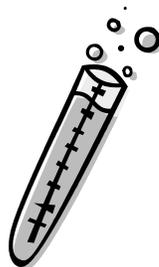
## Artificial Watch List: Ingredients to Avoid

### Partially Hydrogenated Oils

Partially hydrogenated oils are also known as trans fats. Trans fats lower good cholesterol and raise bad cholesterol; they are added to products to extend their shelf life. Look for words like hydrogenated, partially hydrogenated, and shortening in the ingredient list to detect trans fats. (1)

### Artificial Sweeteners

Artificial sweeteners can be found in the ingredient list under the names: saccharin, aspartame, sucralose, acesulfame potassium, and neotame. (2)



### High Fructose Corn Syrup

High fructose corn syrup (HFCS), an inexpensive sweetener, has become a very common artificial ingredient in processed foods and beverages like soda, bread, yogurt, cereal, and even lunch meats. (3)

### Preservatives

Along with extending a product's shelf life, preservatives are used to ensure that its taste and appearance stay the same until the expiration date. They are usually the words that are hard to pronounce.



### Food Dyes

Food dyes are used to change the natural color of a food to something more "appealing". Under the ingredient list, you will see them listed by color and number, such as Yellow #5 and Red #40. (4)

# The Peanut Butter Challenge!

## JIF Brand Peanut Butter (5)

Nutrition Facts	
Serving Size 2 Tbsp. (32g)	
Servings Per Container about 11	
Amount per Serving	
Calories 190	
Calories from Fat 130	
%	
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3g	16%
<b>Trans Fat 0g</b>	
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 3g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Protein 7g	
Niacin 20g	
Iron 4%	Vitamin E 15%
Riboflavin 2%	

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

### Ingredients:

MADE FROM ROASTED PEANUTS AND SUGAR. CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT.

## Smucker's Brand Natural Peanut Butter (6)

Nutrition Facts	
Serving Size 2 Tbsp. (32 g)	
<b>Calories 210</b>	
Calories from Fat 150	
Amount/Serving	
%DV *	
<b>Total Fat 16g</b>	<b>25 %</b>
Saturated Fat 2.5g	<b>12 %</b>
<b>Cholesterol 0mg</b>	<b>0 %</b>
<b>Sodium 120mg</b>	<b>5 %</b>
<b>Total Carbohydrate 6g</b>	<b>2 %</b>
Dietary Fiber 2g	<b>9 %</b>
Sugars 1g	
<b>Protein 8g</b>	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	2 %

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients**  
PEANUTS, SALT.



**All peanut butter is NOT created equally!**

Popular brands like Jif contain added ingredients that aren't good for you, and that you don't need. For example, Smucker's Natural contains only 2 ingredients: peanuts and salt. In comparison, Jif contains hydrogenated oils (or trans fat), added sugars, and other hard to pronounce stuff, too! Hydrogenated vegetable oils are a hint that a product contains trans fats to keep the peanut butter solid at room temperature.

**Note:** trans fat on the Jif label above is listed as 0 grams. **According to the FDA, if a serving contains less than 0.5 grams of trans fat, the content, when declared on the label can read: "0 grams."** But if you consume 2 servings of peanut butter, you will be consuming 1 gram of trans fat, which can add up quickly! That's why checking the ingredient list is important because that is where companies have to list the facts!

## HealthBarn USA's Top 10 Natural Pantry Picks:

1. Stonyfield Low-fat Organic Yogurt
2. Cabot 50% Reduced Fat Cheddar Cheese
3. Stacy's Pita Chips
4. 1% Cow's Milk (try soy or rice milk too!)
5. Cage Free Eggs



6. Edamame (pods or shelled)
7. Semi-Sweet Chocolate Chips
8. Fruit Spreads - No Jelly
9. Bob's Red Mill Quinoa
10. Fresh Fruits and Veggies

### Reference List:

- 1) Kaneshiro, N. (2011). Fat. Medline Plus. NIH
- 2) National Cancer Institute. (2009). Artificial Sweetener and Cancer.
- 3) MayoClinic. (2011). Added Sugar: Don't get sabotaged by sweeteners.
- 4) Kobylewski, S. Jacobson, M. (2010). Food Dye: Rainbow of Color. CSPI.
- 5) Jif. (2011). Jif peanut butter nutrition facts.
- 6) Smuckers. (2011). Smucker's natural peanut butter nutrition facts.