

# Words on Wellness

## How can the updated nutrition facts label help you?



The nutrition facts label got an update this year! The new label was changed because of new nutrition research, updated science, and consumer input. The four big changes are the following:

- Serving size is now how much is typically consumed in one sitting. For example, a 20-oz soda is now 1 serving instead of 2 1/2 servings.
- Calories are now in larger and bolder font to make the information easier to find and use.
- Daily values (DV) for nutrients have been updated. As a general guideline, 5% DV and less per serving is deemed low and 20% DV and more per serving is considered high.
- Added sugars, vitamin D, and potassium information is also now included.

The nutrition facts label is a great tool to support your dietary goals. Select foods and beverages that reduce the risk of high blood pressure, cardiovascular disease, osteoporosis, and anemia. Choose foods that have more of the nutrients you need and less of the nutrients you may want to limit. For example, use the updated nutrition facts label to choose foods high in dietary fiber and lower in saturated fat, sodium, and added sugars.

To learn more about the updated nutrition facts label, watch this Spend Smart, Eat Smart. [video](#), [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu).



## *Baked Apples*

Serving Size: 1/2 apple | Serves: 4

### Ingredients:

- 2 medium tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon white or brown sugar, packed
- 1/4 teaspoon ground cinnamon
- 2 tablespoons oatmeal
- 2 tablespoons (total) raisins, sweetened dried cranberries, chopped walnuts or other nuts
- 6 ounces low fat vanilla yogurt

### Directions:

1. Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1" or more deep. Arrange apple halves, cut sides up, in microwavable dish. Cut thin slices off bottoms to keep from tipping.
2. Combine sugar, cinnamon, oatmeal, raisins, cranberries, and nuts. Fill each apple half with sugar mixture.
3. Cover with plastic wrap. Fold back one edge 1/4" to vent steam.
4. Microwave 3–3 1/2 minutes or until apples can be easily cut. Remove from microwave. Let sit a few minutes.
5. Spoon yogurt over the top.

### Nutrition information per serving:

110 calories, 1.5g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 20mg sodium, 25g total carbohydrate, 2g fiber, 15g sugar, 2g protein  
This recipe is courtesy of ISU Extension and Outreach's Spend Smart, Eat Smart. website. For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)

## Refrigerator Tetris—Where should the food go?

Storing food correctly helps prevent food waste. The refrigerator is the most important kitchen appliance for keeping food safe. Refrigerators should be kept at 40°F or below while the freezer needs to be set at 0°F or below.

Where food is stored in the refrigerator is just as important as keeping it at the correct temperature.

- Door shelves are good for storing condiments and salad dressings since that is the warmest part of the refrigerator. Do not store eggs or milk here.
- Sealed crisper drawers provide an optimal storage environment for fruits and vegetables. Vegetables prefer higher humidity and fruits lower humidity, so adjust drawer controls accordingly. This will help the produce last longer.
- Middle shelves are good places to put ready-to-eat foods like salads, desserts, or leftovers.
- Lowest shelf is where you should place raw meat, poultry, and seafood. Place them in a sealed container or wrapped securely to prevent meat juices from dripping and contaminating other foods.

Source: [USDA](https://www.fsis.usda.gov), [www.fsis.usda.gov](https://www.fsis.usda.gov).

## Food Donations

Food prices are on the rise, and food pantries are serving more people than ever before. This means food pantries and food banks are in need of donations. If you want to donate to your local food pantry or food bank, here are a few ideas to help get started:

- Ask the food pantry what they need.
- Before donating fresh produce, check to see if refrigeration is available.
- Double check the expiration dates because food pantries will not accept expired food.
- Consider donating your time and/or money.

For more donation tips, check out these two great Iowa State University Extension resources:

- [Healthy Food Pantry Donation Guide](https://store.extension.iastate.edu), [store.extension.iastate.edu](https://store.extension.iastate.edu)
- [Top 13 Vegetables to Donate to Food Pantries](https://store.extension.iastate.edu), [store.extension.iastate.edu](https://store.extension.iastate.edu)

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PM 2099 September 2022

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*If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.*

*Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.*

