

# Get With It



Sponsored by the Women's Wellness and Maternity Center and the **Get With It** Collaborative

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## WORLD BREASTFEEDING WEEK (AUGUST 1-7)

### PERCENT DAILY VALUE: WHAT DOES IT MEAN?

#### What does Percent Daily Value mean on food labels?

The **Percent Daily Value** on the Nutrition Facts label is a guide to the nutrients in one serving of food. For example, if the label lists 15 percent for calcium, it means that one serving provides 15 percent of the calcium you need each day.

The **Percent Daily Values** are based on a 2,000-calorie diet for healthy adults. Even if your diet is higher or lower in calories, you can still use the **Percent Daily Value** as a guide. For example, the **Percent Daily Value** can help you determine whether a food is high or low in specific nutrients:

- \* If a food has 5 percent or less of a nutrient, it's considered to be low in that nutrient.
- \* If it has 20 percent or more, it's considered to be high in that nutrient.

There is no set **Daily Value** for trans fat or sugar but it is recommended avoiding both of these to lower your risk of cardiovascular disease.

To get the most benefit from **Percent Daily Values**, use them to choose foods high in vitamins, minerals and fiber — and to limit foods high in fat, cholesterol and sodium.

### Inside this issue:

Percent Daily Value	1
Grilled Fruit Recipe	2
The South Making a Difference	2

<u>NUTRIENT</u>	<u>DAILY VALUE</u>
Total fat	65 grams (g)
Saturated fat	20 g
Cholesterol	300 milligrams (mg)
Sodium	2,400 mg
Potassium	3,500 mg
Total carbohydrate	300 g
Dietary fiber	25 g
Protein	50 g
Vitamin A	5,000 international units (IU)
Vitamin C	60 mg
Calcium	1,000 mg
Iron	18 mg
Vitamin D	400 IU
Vitamin E	30 IU
Vitamin K	80 micrograms (mcg)
Thiamin	1.5 mg
Riboflavin	1.7 mg
Niacin	20 mg
Vitamin B-6	2 mg
Biotin	300 mcg
Pantothenic acid	10 mg
phosphorus	1,000 mg
Iodine	150 mcg
Magnesium	400 mg
Zinc	15 mg
Selenium	70 mcg
Copper	2 mg
Manganese	2 mg
Chromium	120 mcg
Molybdenum	75 mcg
Chloride	3,400 mg



#### Special points of interest:

- \* Every Wednesday from 11–1 p.m. there is a vegetable and fruit exchange at the GWI studio. If you have extra from your garden please bring to share with others. If you don't have a garden or want to exchange for something you don't have, please stop in and get the vegetables/fruits that are available. There will be healthy recipes available for you to take with you if you want them.
- \* CHOTA-Madisonville Health Fair—August 7 from 10–2 p.m.
- \* Fitness classes resume at Lenoir City Elementary School beginning August 16.
- \* There will be a 5k run/walk in Sweetwater on September 25 around 8 or 9 a.m. A fee of \$20 with registration is required and proceeds will benefit Young Life which send kids to camp. More information to follow in future newsletters.



#### Get With It Studio

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If you have a comment or would like to share recipes for one of our upcoming newsletters; call Debra Lindaman, Health Educator at 423-442-6624 or email Debra at [debral@getwithitwomen.org](mailto:debral@getwithitwomen.org).

## Grilled Fruit

### INGREDIENTS:

Apple

Pears

Bananas

1/2 cup Butter

3 Tbsp. Brown Sugar

1 tsp. Ground cinnamon or  
ground ginger



### DIRECTIONS:

Do not peel fruit. Cut the fruit in half or wedges. Bananas must be cut lengthwise. Remove cores. Baste with a mixture of 1/2 cup butter, 3 tablespoons brown sugar and 1 teaspoon ground cinnamon or ginger. Place fruit on grill with skin up. Grill on medium 8 to 10 minutes for halves, 4 to 5 minutes for rings or wedges.

**Change is inevitable—except from a vending machine. —Robert C. Gallagher**

## ***THE SOUTH***

The South is The Place Where: Tea is sweet and accents are sweeter. Summer starts in April. Macaroni and Cheese is a vegetable. Front porches are wide and long. Pecan pie is a staple. Y'all is the only proper noun. Chicken is fried and biscuits come with gravy. Everything is Darlin', and someone's heart is always being blessed.

### ***making a difference in your life***

*There is a strong child nutrition bill that would strengthen programs like school meals, WIC, and summer and afterschool feeding programs. With 1 in 4 children struggling with hunger and 1 in 3 obese or overweight, the Child Nutrition Reauthorization could not come at a more critical time. Congress is running out of legislative calendar days to bring the child Nutrition Bill to the floor and complete the reauthorization before it expires September 30.*

*If a Child Nutrition Bill is not passed this summer, millions of children will miss out on improved access to the nutritious food they need to learn and grow. Your voice is needed to demonstrate national support for completing a strong Child Nutrition Bill this year. Please call or email your member of Congress today! **Call your Representative with a simple message: America's children can't wait. Pass Child Nutrition Reauthorization now. Call 1-866-277-7616 and ask to be connected to your Representative's office. Don't know who your Representative is? Look it up online: <http://www.gov/htbin/zipfind>***