



Official Newsletter of WIC Worksite Wellness

UNDERSTANDING NUTRITION LABELS

Carla Corrales & Samantha Camacho

Food labels can help you make healthy food decisions. It informs you about the ingredients, nutrients, and servings found in your food.

To make informed food choices, a list of food label terms is provided below to understand their meanings.

- **Serving information:** It shows how many servings there are per container and how many calories and nutrients per serving size. It does not mean you should eat this much, but it is helpful for determining your portion size. (1)
- **Ingredients:** All ingredients used are listed from largest to smallest amounts. The top 8 allergens are bolded at the bottom for safety. (2)
- **Percent Daily Value (%DV):** It shows how much a nutrient per serving contributes to the daily diet intake amounts. 5% or less is considered low while 20% or more is considered high. (1)
- **Food label claims:** Reduced fat means 25% less fat than original, light means 50% less fat, and low-fat means less than 3 grams of fat. (3)

For more information about nutritional labels visit the [USDA](#) website. (4)



CREATIVE WAYS TO BOOST NUTRITION

Sherry Dinh & Dannie Haber, B.A., CPT

Nutrient-dense foods like fruits and veggies have a lot of health benefits, but it can be difficult to meet the recommended intake.

To add more healthy options into your diet, here are some simple and fun ways for you to try:

- **Buy frozen produce:** They are easy to prepare and just as nutritious as fresh produce. Read more about its benefits [here](#). (5)
- **Explore healthy recipes:** Click [here](#) to try new food dishes with fruits and veggies. (6)
- **Find substitutes:** Check out the links on [meat alternatives](#) and [plant-based diets](#) to explore options for cost effective ways to add more nutritional value to your diet. (7)
- **Meal planning:** Learn how to experiment with different food groups that meet all your nutritional needs [here](#). (8)

GARLIC GINGER VEGAN STIR FRY

Bruna Honorio, B.S., Rachel Jensen, and Pedro Guzman

Prep time: 10 mins **Cook Time:** 50 mins **Servings:** 4

Ingredients:

Rice:

- 1 cup brown rice
- 1 ½ cup water

Sauce:

- ⅓ cup coconut aminos
- 1 tablespoon rice vinegar
- 3 tablespoon water
- 1 tablespoon agave or maple syrup
- 1 teaspoon ginger paste or fresh ginger, minced
- 2 tablespoon fresh garlic, minced
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

Stir Fry:

- 14 ounces firm tofu, cut into ½ inch cubes
- 1 tablespoon vegetable oil
- 2 ounces yellow onion, julienne
- 1 pound broccoli, cut into small florets
- 4 ounces snow peas, whole
- 1 large carrot, julienne

Garnish:

- 1 green onion, thinly sliced
- 1 tablespoon white sesame seeds
-

Instructions:

1. Prepare brown rice according to instructions on the package.
2. To make sauce, stir the sauce ingredients in a bowl and set aside.
3. To make stir fry, heat vegetable oil with 2 tablespoon of the sauce in a pan and add tofu. Cook on medium heat until golden brown, then remove tofu from pan and set it aside.
4. Next, in the same pan over medium heat, add onions, broccoli, snow peas, and carrots occasionally stirring them for 2 minutes. Then, add 2 tablespoon of water and cook covered for 3 minutes.
5. Finally, stir in the remaining sauce and add the tofu.
6. Serve over rice and add garnish.



WHY TRY IT?

This vegan stir fry is a perfect opportunity to explore unique flavors and incorporate more veggies into your plate. This recipe is easy to prepare and rich in vitamin K, vitamin A, and manganese. (9)

Price	Price Per Serving	Price Per Dish
Homemade Vegan Stir Fry- 13 oz per serving	\$2.04	Total: \$8.16 (4 servings)
Target (Sweet Earth General Tso's Tofu Bowl- 9 oz) (10)	\$3.99	\$4.29 (1 container)
Walmart (Healthy Choice Power Bowls Meatless Beef & Vegetable Stir Fry - 9.25 oz) (11)	\$3.48	\$3.48 (1 container)

Nutrition Facts (9)

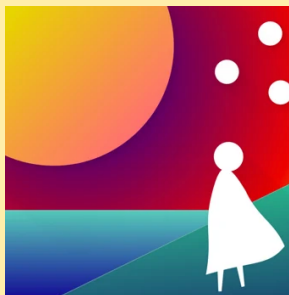
Per serving- 13 oz

Calories: 376
Total fat: 16 grams
Saturated fat: 2.5 grams
Cholesterol: 0 milligrams
Sodium: 400 milligrams
Carbohydrate: 36 grams
Fiber: 8.8 grams
Sugar: 6.7 grams
Protein: 24 grams

RESOURCES FOR PERSONAL GROWTH

Ana Hernandez and Lauren Yowell, BS

The Fabulous App



Want to adopt new habits but don't know where to begin? Get started with [The Fabulous](#) app. The app allows you to select your own personalized journey towards a goal such as losing weight or improving concentration. Once selected, you are guided by the app's personalized routine and tasks to help achieve your goal. The Fabulous app provides free services and affordable premium resources. Accomplish personal growth with an exclusive fabulous journey this year!

The Habit Hub



New Year, New Goals! Get more organized with The [Habit Hub](#). The app tracks good habits in a series of chains and categories such as health, work, and career. As you enter your habits, the chain will grow and record the days they were completed. The Habit Hub is available for free on Androids and will be available soon on iPhone this year. This app is the perfect way to see personal progress and accomplishments in 2022!



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

REFERENCES

1. Center for Food Safety and Applied Nutrition. (n.d.). *How to understand and use the nutrition facts label*. U.S. Food and Drug Administration. Retrieved December 25, 2021, from <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>
2. U.S. Department of Health and Human Services. (n.d.). *Reading food labels*. National Institute on Aging. Retrieved December 25, 2021, from <https://www.nia.nih.gov/health/reading-food-labels>
3. Dowshen, S. (Ed.). (2018, June). *Figuring out food labels (for parents) - nemours kidshealth*. KidsHealth. Retrieved December 25, 2021, from <https://kidshealth.org/en/parents/food-labels.html>
4. U.S. Department of Health and Human Services. (n.d.). *Interactive nutrition facts label*. U.S. Food and Drug Administration. Retrieved January 6, 2022, from <https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/#intro>
5. Bouzari, A., Holstege, D., & Barrett, D. M. (2015). *Vitamin retention in eight fruits and vegetables: a comparison of refrigerated and frozen storage*. Journal of agricultural and food chemistry, 63(3), 957–962. <https://doi.org/10.1021/jf5058793>
6. NUTRITION. (2021, November 16). *Quick-start guide to nuts and seeds*. Harvard Health. Retrieved December 2021, from <https://www.health.harvard.edu/nutrition/quick-start-guide-to-nuts-and-seeds>
7. Tusso, P. J., Ismail, M. H., Ha, B. P., & Bartolotto, C. (2013). *Nutritional update for physicians: plant-based diets*. The Permanente journal, 17(2), 61–66. <https://doi.org/10.7812/TPP/12-085>
8. Centers for Disease Control and Prevention. (2020, August 17). *Planning meals*. Centers for Disease Control and Prevention. Retrieved December 2021, from https://www.cdc.gov/healthyweight/healthy_eating/meals.html
9. Cronometer: Track nutrition & count calories. (n.d.). Cronometer. Retrieved December 24, 2021, from <https://cronometer.com/>
10. Sweet Earth Vegan Frozen Natural Foods General Tso's Tofu. Target. <https://www.target.com/p/sweet-earth-vegan-frozen-natural-foods-general-tso-39-s-tofu-9oz/-/A-50303654#lnk=sametab>. Accessed January 12, 2022.
11. Healthy Choice Power Bowls Beef & Vegetable Stir Fry. Walmart. <https://www.walmart.com/ip/Healthy-Choice-Power-Bowls-Beef-Vegetable-Stir-Fry-9-25oz-Tray-Frozen/880411452>. Accessed January 12, 2022.