



# NUTRITION NEWS

Nutrition and Education Programs

## New, Improved Food Labels

Make healthy choices by using food labels. Larger print highlights the most important information.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

References: <http://www.fda.gov>

### Nutrition Facts:

**Serving Size:** The amount of food or drink normally served. One can does not necessarily equal one serving!

**Calories:** For older adults, recommendations for men are ~2000 calories/day and women 1600-2000 calories/day.

**% Daily Value (DV):** A guide to the nutrients in one serving based on 2000 calories/day.

**How Much?:** Limit Saturated Fat, Sodium and Added Sugars. Get enough of fiber, Vitamin A, Vitamin C, Calcium and Iron.

Is this food high or low in a nutrient?

5% DV is **low**

20%+ DV is **high**

Nutritious food choices add color to any diet

This institution is an equal opportunity provider

# My Plate Quick Mixed Bean Salad

Prep time: 15 minutes Serves: 10

## Ingredients

- 1-15 oz can Low Sodium Black Beans, drained and rinsed
- 1-15 oz can Low Sodium Chick Peas, drained and rinsed
- 1-15 oz can low sodium red kidney beans, drained and rinsed
- 1 medium cucumber, peeled, seeded and chopped (2 cups)
- 1 red bell pepper, seeded and finely chopped (about 1 cup)
- 2 Tbsp. finely chopped fresh cilantro

## For the dressing:

- 3 Tbsp. red wine vinegar
- 2 Tbsp. lemon juice, about the juice of 1 whole fresh lemon
- 1/4 Cup olive oil

## Directions

1. In large serving bowl, mix together black beans, chick peas, kidney beans, cucumbers, peppers, and cilantro.
2. In small bowl, whisk together vinegar and lemon juice. Slowly add olive oil, whisking constantly, until blended. Pour dressing over bean mixture. Toss well to coat completely.

Recipe retrieved from: [www.goya.com](http://www.goya.com)

**Serving size: 1 cup; Calories: 209; Fat : 6.3 g Saturated Fat: 0.8 g; Sodium: 506 mg; Total Carbohydrate: 29 g; Protein: 16 g; Dietary Fiber: 16 g; Vitamin C: 25%; Calcium: 3.5%; Iron: 9.5%**

Nutrition information from [recipes.sparkpeople.com](http://recipes.sparkpeople.com)



## How To Cook Dry Beans:

- ◆ cover beans with water and soak overnight
- ◆ transfer beans to soup pot, add water to cover by 1 inch
- ◆ Add onion, bay leaf and bring to a boil.
- ◆ Reduce heat to simmer, cover and cook for 1 hour stirring occasionally.

## Did you Know?

If you don't see "low sodium" version of your favorite beans, you can rinse canned beans to remove much of the sodium!



**Good news about everything that's good to eat!**



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