



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

BETTER LIVING for *Texans*

Committed to serving Texans and to improving lives

Spring 2017
Victoria County

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Get to Know the Updated Nutrition Facts Label

The Food and Drug Administration announced that all Nutrition Facts labels will be updated by July 2019.

Serving sizes and calories per serving will now be listed in larger font and bold type. Nutrition Facts labels will now be based on current typical eating patterns, not recommended serving sizes. For example, servings of ice cream in one pint will go from 4 to 3 servings and servings of yogurt will go from 8 to 6 ounces.

Both serving and whole package information will be available to help consumers make better decisions. For certain products that could be eaten in one or multiple sittings, manufacturers must provide “dual column” labels to indicate the amount of calories and nutrients on both a “per serving” and “per package” basis. With dual-column labels, people will be able to easily understand how many calories and nutrients they are getting if they eat or drink the entire package at one time.

“Calories from Fat” information was removed from the new labels because number of calories from fat is less important than type of fat. Consumers should avoid saturated fat and trans fat in foods.

Added Sugars (a new section, listed under Total Sugars) will be listed in grams and percent Daily Value. Naturally occurring sugars such as those found in milk and fruit are not added sugars. Current Dietary Guidelines recommend reducing intake of calories from added sugars to 10%.

Vitamins A and C are being replaced with Vitamin D and Potassium and required nutrients must be listed in both actual amounts and percent Daily Value. Percent Daily Values are being updated to reflect new values in recommend nutrient needs: Sodium has been lowered to 2,300 milligrams, Dietary Fiber has been raised to 28 grams, Vitamin D has been raised to 20 micrograms, Calcium has been raised to 1,300 milligrams, and Potassium has been raised to 4,700 milligrams.

The footnote has been simplified to better explain what percent Daily Value means. The Nutrition Facts panel is still based on a 2,000 calorie eating pattern, which is a general rule of thumb for caloric needs.

Resource: “Understanding the Nutrition Facts Label: Are You Label Able?” curricula from Texas A&M AgriLife Extension Service Better Living for Texans program.

Despite the forecast,

live like it's Spring.

~Lilly Pulitzer



The **Better Living for Texans** program provides free lessons for limited resource audiences on topics such as basic nutrition, food safety, and food budgets.

For more information please contact:
Texas A&M AgriLife Extension
Phone: (361) 575-4581

<http://agrilife.org/victoriacountyblt/>

Potato and Egg Salad

Ingredients

8 red potatoes (cleaned and cut into cubes)
5 hard boiled eggs (cooled and chopped)
1/2 cup chopped onion (red or white)
1/2 cup chopped celery
3/4 cup mayonnaise
4 teaspoons spicy or yellow mustard
Black pepper, to taste

Makes 8 servings

320 calories per serving

Directions

1. Wash hands and any cooking surfaces.
2. Place cubed potatoes in a large saucepan; cover with water.
3. Bring to a boil; cover and cook until tender but still firm, about 8-10 minutes.
4. Drain and bring potatoes to room temperature.
5. Combine potatoes, egg, onion, and celery in a large bowl.
6. Stir in mayonnaise, mustard, and black pepper a little at a time until you have the taste that you like.

From: <http://www.whatscooking.fns.usda.gov>



Tips for a Safe Picnic Season

It is the time of year to get outside again and enjoy the sunshine and fresh air! It's picnic time! Avoid foodborne illness by following these tips during your next picnic or outing:

- Plan to take only the amount of food you will use
- Most foods are safe for short periods of time when stored in a cooler with ice or frozen gel packs
- If you do not have a way to keep foods cool, plan to take things like whole fruit, vegetables, hard cheese, canned fish, dried meats, dry cereal, bread, peanut butter, crackers
- Don't forget paper towels and hand wipes or sanitizer for clean up
- Keep coolers in the shade and out of direct sunlight
- Use a clean plate for cooked meats and do not let raw meat juices touch other foods
- Place leftovers promptly in coolers and throw away any perishable food left out for more than 2 hours (or 1 hour in weather hotter than 90 degrees)

For more information, visit AskKaren.gov to chat with a Food Safety Specialist

Resource: www.foodsafety.gov



Upcoming Events:

Friday, March 24

Walk Across Texas Kickoff

Noon

DeLeon Plaza–
downtown Victoria

Thursday, May 18

Healthy Aging Conference

8:00am-1:30pm

Victoria Community Center

**Call Texas A&M AgriLife
Extension office for details**

or to register for events:

(361) 575-4581

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USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, go to YourTexasBenefits.com or call 1-877-541-7905. Texas A&M AgriLife Does not discriminate on the basis of race, color, religion, sex, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity and provides equal access in its programs, activities, education, and employment.

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