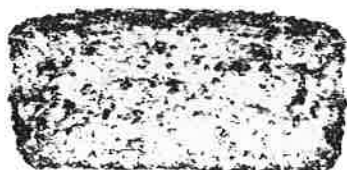


# FOOD SERVICE NEWSLETTER



## FEATURED ITEM

### Meatloaf

(Item #1363C)

#### Nutrition Facts

Serv. Size 1 ea 3.5oz (99g)

Servings per case: 100

Amount Per Serving

**Calories 190** Fat Cal. 100

% DV\*

**Total Fat 11g** 17%

Sat. Fat 4g 20%

TransFat 0.5g

**Cholest. 80mg** 27%

**Sodium 590mg** 25%

**Potassium 260mg** 7%

**Total Carb. 6g** 2%

Fiber 1g 4%

Sugars 1g

**Protein 14g**

Vitamin A 2% \* Vitamin C 6%

Calcium 4% \* Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		2,500mg	3,500mg
Total Carbohydrate		300g	3,500mg
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

## What Are Carbohydrates and Why Are They Important

Contributed by the Washington State Department of Health

Carbohydrates, aka “carbs”, are one of three main nutrients that make up the foods we eat (the others are protein and fat). The number one role of carbohydrates is to provide energy for our bodies. Of all the energy (also called “calories”) you consume in a day, about 70% is used just to keep your body alive – things like keeping your heart pumping, your lungs breathing and your mind thinking, all require energy. Although protein and fat can also provide energy, carbohydrates are the easiest energy source for our bodies to use. And certain parts of the body, such as the brain and red blood cells (which deliver oxygen to your muscles), almost exclusively use carbohydrates.

Carbohydrates aren't just good for supplying energy, they also perform other roles in the body. Fiber, which is a type of carbohydrate, has been shown to help lower cholesterol and blood sugar, prevent stomach problems like constipation, and decrease your risk for developing heart disease or diabetes. Carbohydrates are also the basis for forming glycogen, which is the way our muscles store energy. Without carbs, glycogen stores can get low, leading to a lack of energy during exercise and delayed recovery for your muscles. Since it's easier for our bodies to break down muscle tissue than fat, eating the right amount of carbs ensures our bodies don't break down muscles to get the energy we need.

The Dietary Guidelines for Americans, which are the official nutrition guidelines for all American adults, recommends 45% to 65% of your daily energy comes from minimally-processed carbohydrates. This includes foods such as vegetables, fruit, legumes (beans), whole grains and dairy. These foods also have important vitamins and minerals that help keep us healthy, many of which can't be found in foods that only contain protein or fats. This is one reason why low- and no-carb diets aren't often recommended by dietitians. Another reason is that most foods contain some level of carbohydrates, so restricting all carbs can severely limit the foods you eat. Overall, eating a balance of carbohydrate foods provides energy and essential nutrients for our bodies, and may even help prevent against certain chronic diseases.

# What is a Processed Food? You Might Be Surprised!

Understanding Our Food—International Food Information Council Foundation | [foodinsight.org](http://foodinsight.org)

What comes to mind when you think of a processed food? You're right if you think of items such as cookies, snack chips and carbonated drinks. But you might be surprised to learn that most food we eat are processed.

## Processed Foods Defined

Food processing is any deliberate change in a food that occurs before it's available for us to eat. It can be as simple as freezing or drying food to preserve nutrients and freshness, or as complex as formulating a frozen meal with the right balance of nutrients and ingredients.

A few examples of processed foods include:

- Canned and frozen fruits and vegetables
- Packaged foods labeled "natural" or "organic," such as cereals, fresh meat and poultry, and jarred baby foods
- Food with health and nutrition claims on the label, such as "may reduce risk of heart disease," "low in fat" or "high in calcium"
- Foods fortified with nutrients such as fiber, vitamin D and omega-3 fatty acids
- Foods prepared in quick-service and fine-dining restaurants, cafeterias and food courts, sports arenas, coffee shops and other locations

## The Prehistoric Origins of Food Processing

The era of food processing began about 2 million years ago when our distant ancestors put flame to food and "discovered" cooking. After that came fermenting, drying, preserving with salt, and other primitive forms of food processing. This ultimately led to the modern food processing methods of today, which give us an abundant, safe, convenient, affordable and nutritious food supply.

## The Continuum of Processed Foods

Processed foods can be placed on a continuum that ranges from minimally processed items to more complex preparations that combine ingredients such as sweeteners, spices, oils, flavors, colors, and preservatives, with many variations in between. The chart below gives some common examples.

Type of Food	Examples
Foods that require little processing or production (also called "minimally processed")	Washed and packaged fruits and vegetables; bagged salads; roasted and ground nuts and coffee beans
Foods processed to help preserve and enhance nutrients and freshness of foods at their peak	Canned tuna, beans and tomatoes; frozen fruits and vegetables; pureed and jarred baby foods
Foods that combine ingredients such as sweeteners, spices, oils, flavors, colors, and preservatives to improve safety and taste and/or add visual appeal. (Does not include "ready-to-eat" foods listed below)	Some packaged foods, such as instant potato mix, rice, cake mix, jarred tomato sauce, spice mixes, dressings and sauces, and gelatin
"Ready-to-eat" foods needing minimal or no preparation	Breakfast cereal, flavored oatmeal, crackers, jams and jellies, nut butters, ice cream, yogurt, garlic bread, granola bars, cookies, fruit chews, rotisserie chicken, luncheon meats, honey-baked ham, cheese spreads, fruit drinks and carbonated beverages
Foods packaged to stay fresh and save time	Prepared deli foods and frozen meals, entrees, pot pies and pizzas

What is a Processed Food? continues on next page...

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## Five Common Questions About Processed Foods

**Q:** Are processed foods safe?

**A:** Yes, in fact processing foods often makes them safer. For example, heating foods helps remove harmful bacteria. Pasteurization is a common heating process applied to milk to kill harmful organisms. Canning and freezing foods such as meats, fruits and vegetables helps them to stay fresh longer.

**Q:** Do processed foods cause obesity?

**A:** Most nutrition experts agree that no one type of food causes obesity—obesity results from consuming more calories than the body uses, regardless of where the calories come from. To maintain a healthy weight, it's important to balance calories consumed with regular physical activity and to only occasionally enjoy single portions of treats such as fried foods, snack chips, desserts, candy, fruit drinks and soft drinks. Some processed foods may actually aid with weight management because they include ingredients that reduce the calorie content of foods, such as low-calorie sweeteners.

**Q:** Do processed foods lack nutrition?

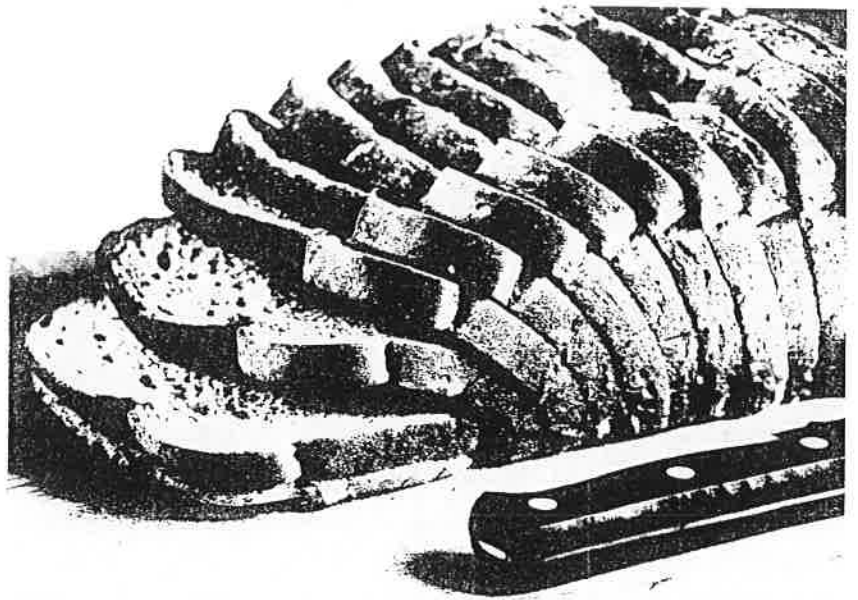
**A:** Because processed foods include such a wide range of products, their nutritional values vary widely, too. For instance, frozen vegetables can be more nutrient-rich than fresh because they are picked and frozen at their nutritional peak. Furthermore, processed foods that are fortified with vitamins, minerals or other nutrients can help people reach the recommended intake levels for those nutrients. An example is orange juice fortified with calcium and vitamin D. Some processed foods, such as fried foods, desserts and candy, supply calories but few other nutrients.

**Q:** Are processed foods expensive?

**A:** Again, the wide range of choices means a wide range of prices. For instance, buying frozen strawberries might be less expensive than buying fresh strawberries out of season, but preparing tomato sauce with home-grown tomatoes in season might be less expensive than buying jarred tomato sauce.

**Q:** Are any processed foods natural?

**A:** The U.S. Food and Drug Administration (FDA) doesn't define the term "natural" on food labels, but generally allows the term if the food doesn't contain added colors, artificial flavors, or other synthetic substances. According to that definition, numerous processed foods could be considered "natural". These include many fruit and vegetable products, grain and dairy products, and meat, poultry and fish products. A few examples are packaged cooked and uncooked chicken, potato chips, rice, frozen spinach and jarred applesauce.



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## From Farm to Fork: How One Food Provides Many Options



Corn can be processed to create many different foods and ingredients that consumers enjoy. Certain types of corn grown in a field can be picked and eaten off the cob. Or, corn kernels can be removed from the cob and preserved in cans or jars for enjoyment later. Popcorn is a special type of corn that is grown to pop! Popcorn kernels are dried on the cob, removed, popped and packaged as

popcorn snacks or as kernels that can be popped at home. To make tortilla chips, manufacturers mix ground corn and water to form a dough (masa) which is then baked or fried into a chip. Corn syrup is made from refined corn starch and is used as an ingredient in making desserts, in sauces and relishes, and to sweeten certain foods and beverages.

## Frequently Asked Questions

### I just signed up for a Religious Diet. When can I start getting that meal?

Any new sign-ups approved by the Chaplains will become effective on November 1, 2018. The last day to sign up is October 15, 2018.

### What is on the menu for Thanksgiving 2018 (November 22nd)?

Menu changes for the Thanksgiving Meal will affect mainline meal participants. The meal will consist of:

- Turkey
- Mashed Potatoes & Gravy
- Bread Dressing
- Sweet Potatoes
- Salad & Dressing
- Cranberry Sauce
- Green Beans
- Dinner Roll & Margarine
- Seasonal Fruit
- Holiday Pie



### Why doesn't the kosher diet provide two hot meals on Saturdays?

Saturday is the Shabbat (Sabbath) for those of the Jewish faith and is a day of rest to be dedicated to the Lord (See Exodus 20:8-11). Shabbat Law, regarding meals, prescribes "We may not cook or light a fire". DOC has adopted the practice of no hot meals on the Shabbat in order to stay consistent with the practices of the Jewish community.

### Did you know...

- More than 2,500 varieties of apples are grown in the United States, but only the crabapple is native to North America
- Apples contain no fat, sodium or cholesterol and are a good source of fiber
- Apples are a member of the rose family
- Apples are made of 25% air, which is why they float

