



Look at Food Label Changes

Beginning Jan. 1, 2006, there are two new requirements for food labels: trans fat and allergy information.

First, the presence of "trans fat" must be stated. If partially hydrogenated oils are included in the ingredient list, the item contains trans fat.

Over the past 15 years, research has indicated that trans fat is even more harmful than saturated fat. While both saturated fat and trans fat raise LDL, or "bad" cholesterol and the risk of heart disease, only trans fat lowers HDL, the "good" cholesterol that helps guard against heart disease.

The current recommendation is that the less trans fat we consume, the better. When shopping, look for foods with **zero** trans fat listed on the nutrition facts label.

Also beginning Jan. 1, 2006, complete ingredient label information is required to ensure that all major food allergens are disclosed and the ingredients are listed in terms that are understandable to the average consumer.

Under the new requirements, food manufacturers must identify the presence of any of the eight major food allergens determined by the Food and Drug Administration (FDA):

- Milk
- Egg
- Peanuts
- Tree nuts (such as almonds, cashew, walnuts)
- Fish (such as bass, cod, flounder)
- Shellfish (such as crab, lobster, shrimp)
- Soy
- Wheat

Although many other food allergens exist, the foods listed above account for more than 90 percent of all documented food allergens in the U.S. and represent the foods most likely to cause severe or life-threatening allergic reactions (anaphylaxis) because of food allergies.

Graphic Showing 2006-compliant food label components

(trans fat and allergen declarations highlighted)

Nutrition Facts	
Serving Size 2 cookies (29g)	
Servings Per Container 7	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 1g	
Cholesterol less than 5mg	1%
Sodium 80mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Wheat Flour, Partially Hydrogenated Soybean and/or Cottonseed Oil, Sugar, Oats, Chopped Hazelnuts, Toffee Pieces (Sugar, Dextrose, Butter, Hydrogenated Palm Kernel Oil), Eggs, Natural and Artificial Flavors, Baking Soda.

ALLERGEN INFORMATION: Contains hazelnuts, wheat, soy, dairy, and eggs. Manufactured in a facility that processes peanuts and other tree nuts.

Source: Food Consulting Company

OHSU Women's Health Conference

April 22, 2006, 8:30 a.m. – 4:15 p.m.

Keynote Address by Pepper Schwartz, Ph.D.
"Revitalizing Sexuality for Mental and Physical Health"



Other topics include:
Optimism and Resilience:
The Difference They Can Make
for You
10 Habits That Mess Up a
Woman's Diet
The New Women's Health:
Are We There Yet?
The Health Disparity Gap:
What Women of Color Can Do
to Improve Their Health and
Quality of Life

Plus, breakout sessions on exercise, skin care, acupuncture, fibromyalgia, coping with stress and fatigue, and menopause

We have a limited number of tickets available for Siletz Tribal member women to participate.

In the Eugene, Salem, and Portland area offices, please contact your local community health advocate or Cathy Rasmussen, RN, at 541-484-4234.

In the Siletz area, please contact Cindy Urbach at 541-444-9633 or 1-800-648-0449, ext. 1633.

Please RSVP ASAP – no later than April 7.

Transportation available from CTSI area offices.

Lodging available for women traveling more than 65 miles to the conference.

Phone: 541-484-4234; Fax: 541-484-4583

E-mail: cathy@ctsi.nsn.us

Funded through the CTSI Breast & Cervical Cancer Program Grant

Out-of-Area Health Benefits

by Judy Muschamp, Health Director

The next call-in date for out-of-area health benefits is April 3, 2006, beginning at 8 a.m.

The number to call is 1-800-628-5720 or you can try the local number, 541-444-1236. Staff will not begin answering the telephone until 8 a.m. and voice-mail messages will not reserve funding.

This is the final quarter for the 2004 excess pledge revenue funds, so I don't know how much, if any, funding will be available.

On the last call-in day, Jan. 3, there was an available balance of \$26,400 for re-distribution. Obligations were made for nine vision, 17 dental, and two medical.

It took just 20 minutes to deplete the funds. Unfortunately, there were

161 missed calls and the majority of these calls came in before 8 a.m.

The Health Committee solicited input from the membership for recommendations on amending the process for fairly distributing these out-of-area health benefits and we will discuss the handful of comments received.

In March the committee's recommendations were forwarded to Tribal Council for consideration when funding the new allocation of benefits.

Also, a reminder to all Siletz Tribal members who reside outside the 11-county service area: Effective Jan. 1, 2006, your Pequot pharmacy card benefit in the amount of \$500 is available.

If you need a new or replacement card, please contact Danise Barker in the Contract Health Service office at the phone numbers listed above.