

Happy Birthday to Auntie Shanny on April 12. We love and miss you  
Cameron, Mateas and Deenie

Happy Birthday to my sister, Shannon Chrisman. I miss you lots and hope you have a fabulous birthday. Love you tons.  
Selina

Happy Birthday to Eddie Rilatos. Hope you have a great birthday. I love and miss you tons.  
Wee-OO

Happy Birthday Uncle Eddie on April 4. We love you.  
Cameron, Mateas and Deenie

Happy Birthday to Kiesha on April 4.  
Selina and kids

Hapy 50<sup>th</sup> Birthday to my best friend, Laura Bremner, on March 30. Thanks for always being there and being my friend.  
Selina

# FDA modernizes nutrition label for packaged foods

SILVER SPRING, Md. – March was National Nutrition Month® and the U.S. Food and Drug Administration (FDA) continues to encourage consumers to put their best fork forward by using the Nutrition Facts label.

The FDA recently finalized a new and improved Nutrition Facts label on packaged foods and beverages to better help consumers make informed food choices that support a healthy diet.

## Key updates for smart food choices

The Nutrition Facts label has a fresh new design and reflects current scientific information. Check out the changes and follow these easy tips to use the label.

## Size up servings

- The number of servings per container and the serving size is more promi-

nent on the label and serving sizes also have been updated to reflect what people actually eat and drink today.

**Tip:** Always check the serving size to determine how many calories and nutrients you are consuming. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

## Consider the calories

- Calories are important to achieve or maintain a healthy weight, so the new label emphasizes calories with larger and bolder type. Calories from fat will no longer be listed because research shows the type of fat consumed is more important than the amount.  
**Tip:** 100 calories per serving is moderate and 400 calories per serving is high.

## Use % Daily Value as a guide

- The Daily Values for nutrients have been updated based on new scientific evidence. The Daily Values are amounts of nutrients to consume or not to exceed each day and are used to calculate the % Daily Value (%DV). The %DV makes it easy for consumers to tell how much a nutrient in a serving of food contributes to a daily diet.  
**Tip:** 5% DV or less of a nutrient per serving is low and 20% DV or more of a nutrient per serving is high.

## Choose nutrients wisely

- Added sugars is now required on the label to help consumers know how

much sugar has been added to the product. Vitamin D and potassium also are required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today.

**Tip:** Use the label to choose products that are lower in nutrients you want to get less of (i.e., saturated fat, trans fat, sodium and added sugars) and higher in nutrients you want to get more of (i.e., dietary fiber, vitamin D, calcium, iron and potassium). And aim for less than 10 percent of your total daily calories from added sugars.

## When you'll see it

Manufacturers will need to use the new label by July 26, 2018, and small businesses will have an additional year to comply. During this transition time, you will see the current Nutrition Facts label or the new label on products.

Learn more at:

- Consumers: 888-SAFEFOOD (toll-free)
- [fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm537159.htm](http://fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm537159.htm)
- [fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm](http://fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm)

® Academy of Nutrition and Dietetics – [eatright.org](http://eatright.org)



## Siletz Tribal Youth Council Meeting

Date: Saturday, April 22, 2017  
Time: TBA  
Location: Eugene

Lunch will be provided  
Parents/Guardians are welcome to attend with youth

### Transportation

Youth carpool from the area offices. Contact us as soon as possible if you would like to join.

### Area Office Contact Numbers

Portland: Katy Holland, 503-238-1512  
Salem: Sonya Moody-Jurado, 503-390-9494  
Eugene: Nora Williams or Nick Viles, 541-484-4234  
Siletz: Dee Butler, 541-444-9618, or Sharla Robinson, 541-270-3212

### 2017 Youth Council Meeting Dates

Meeting Date	Location	Activity Description
Saturday, May 20	Siletz	Meeting and Memorial Day Cleanup Service Learning Project
Tuesday, July 11	Siletz	Meeting at Culture Camp
TBA August	TBA	Possible Service Learning Project
TBA October	TBA	Siletz Tribal Youth Conference

### Youth Council Objective

The objectives of this group shall be to provide a collective voice and represent the Tribal youth in all matters that concern them; to serve as a means of mobilizing and coordinating the actions of youth, other community members and organizations toward positive goals; to promote the development of future Tribal leaders; to help solve problems facing Tribal youth; to coordinate school and community service projects and provide opportunities for the youth to interact for fun and fellowship.

## The New and Improved Nutrition Facts Label – Key Changes



The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings	Current Label	New Label	5. Nutrients
The number of "servings per container" and the "Serving Size" declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 3/4 cup.	<b>Nutrition Facts</b> Serving Size 2/3 cup (55g) Servings Per Container About 8	<b>Nutrition Facts</b> 8 servings per container Serving size 2/3 cup (55g)	The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.
There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.	<b>Amount Per Serving</b> Calories 230 Calories from Fat 72	<b>Amount per serving</b> Calories 230	The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.
<b>2. Calories</b> "Calories" is now larger and bolder.	<b>Total Fat</b> 8g 12% Saturated Fat 1g 5% Trans Fat 0g <b>Cholesterol</b> 0mg 0% <b>Sodium</b> 160mg 7% <b>Total Carbohydrate</b> 37g 12% Dietary Fiber 4g 16% Sugars 1g <b>Protein</b> 3g	<b>Total Fat</b> 8g 10% Saturated Fat 1g 5% Trans Fat 0g <b>Cholesterol</b> 0mg 0% <b>Sodium</b> 160mg 7% <b>Total Carbohydrate</b> 37g 13% Dietary Fiber 4g 14% Total Sugars 12g Includes 10g Added Sugars 20% <b>Protein</b> 3g	The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.
<b>3. Fats</b> "Calories from Fat" has been removed because research shows the type of fat consumed is more important than the amount.	Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45%	Vitamin D 2mcg 10% Calcium 260mg 20% Iron 8mg 45% Potassium 235mg 6%	
<b>4. Added Sugars</b> "Added Sugars" in grams and as a percent Daily Value (%DV) is now required on the label. "Added Sugars" include sugars that have been added during the processing or packaging of a food. Scientific	Percent Daily Values are based on a diet of other people's misdeeds. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 2,500 Total Fat Less than 65g 80g Sodium Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 35g	<b>6. Footnote</b> *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.	

Manufacturers will need to use the new label by July 26, 2018, and small businesses will have an additional year to comply. During this transition time, you will see the current Nutrition Facts label or the new label on products.

For more information about the new Nutrition Facts label, visit: [www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm) March 2017

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- Call 800-648-0449; enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line.
- Or call the refill line direct – 541-444-9624.

### Passages Policy

Submissions to Passages are limited to two 25-word items per person, plus one photo if desired.

All birthday, anniversary and holiday wishes will appear in the Passages section. *Siletz News* reserves the right to edit any submission for clarity and length. Not all submissions are guaranteed publication upon submission. Please type or write legibly and submit via e-mail when possible.