

You can rely on new label

Rest assured, when you see key words and health claims on product labels, they mean what they say as defined by the government.

Key Words

Calorie Free

Light (Lite)

Fat Free

Low Fat

Reduced or
Less Fat

Lean

Extra Lean

Low in
Saturated
Fat

Cholesterol
Free

Low
Cholesterol

Reduced
Cholesterol

Sodium Free
(No Sodium)

Very Low
Sodium

Low Sodium

Reduced or
Less Sodium

Sugar Free

High Fiber

Good Source
of Fiber

What They Mean

*Fewer than 5 calories per serving

*1/3 less calories or no more than 1/2 fat of the higher-calorie, higher-fat version; or no more than 1/2 the sodium of the higher-sodium version

*Less than 0.5 gram of fat per serving

*3 grams of fat (or less) per serving
*At least 25% less fat per serving than the higher-fat version

*Less than 10 grams of fat, 4 grams of saturated fat and 95 milligrams of cholesterol per serving

*Less than 5 grams of fat, 2 grams of saturated fat, and 95 milligrams of cholesterol per serving

*1 gram saturated fat (or less) per serving and not more than 15% of calories from saturated fatty acids

*Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat per serving

*20 milligrams of cholesterol (or less) and 2 grams of saturated fat (or less) per serving

*At least 25% less cholesterol than the higher-cholesterol version, and 2 grams (or less) of saturated fat per serving

*Less than 5 milligrams of sodium per serving, and no sodium chloride (NaCl) in ingredients

*35 milligrams of sodium (or less) per serving

*140 milligrams of sodium (or less) per serving

*At least 25% less sodium per serving than the higher-sodium version

*Less than 0.5 gram of sugar per serving

*5 grams of fiber (or more) per serving

*2.5 to 4.9 grams per serving of Fiber

USDA Update

Submitted by: Charlene Holycross, USDA Director

Greetings! My name is Charlene Holycross the new USDA Director. I am the one that's going to try to keep up with what Margo Norton has done as Director. I've got my work cut out for me. Todd Mason is my right hand man and still USDA Clerk. Together we will get through this tough time of adjustments.

I would like to thank Bev Owens, Salem CHR. She cooked Corn and Bean Medley for the Salem location. I would also like to thank Susie Merritt for the Honey balls that she made. Everyone that tried both of these recipes liked them. Thanks again Bev and Susie, great job! USDA has chosen April as Diabetes Month. Diabetes is a common disease among Indian People.

How to know if you have diabetes, the warning signs are: *constant thirst *tiredness *weight loss *frequent urination *constant hunger *weakness. If you have these symptoms go see a doctor right away. If you have diabetes, you need to eat less sugar, eat less fat, eat more fiber and eat less salt. People with diabetes need to eat a variety of foods, exercise regularly, and, in certain cases, take medication. Overweight people need to eat the right foods and exercise to lose weight. If you do not control diabetes, it may lead to other health problems such as heart disease, high blood pressure, infections, kidney disease, stroke or blindness.

This month's recipe is **Corn and Bean Medley**: makes 4 servings, 1/2 cup each

3 Tablespoons liquid drained from canned corn
1/4 cup onion, chopped
1 cup canned whole-kernel corn, drained
3/4 cup dry kidney beans, cooked
3/4 teaspoon chili powder
1/4 teaspoon hot red pepper flakes (optional)

1. Heat 3 Tablespoons of liquid from canned corn in saucepan.
2. Cook onion in liquid until soft, about 2 minutes.
3. Add corn, kidney beans, chili powder and hot red pepper flakes to onion mixture.
4. Cook over low heat about 10 minutes.

Nutrition information for 1/2 Cup

Calories = 81 Carbohydrates = 16 grams Protein = 4 grams
Total Fat = 1 gram Saturated Fat = less than 1 gram Cholesterol = 0 milligrams
Sodium = 140 milligrams

USDA DISTRIBUTION DATES

SALEM: MAY 3, 4*, 5

SILETZ: MAY 17, 18, 19

* evening appointments

Business Survey for ONABEN Students

If you were to have a Native American Regalia, Supplies and Restaurant open up near the Siletz Reservation which was owned and employed by Native Americans of the Pacific Northwest, what items would be in demand for you and your family?

Example: Restaurant

Fry bread, Indian Taco's
Seafood and Wild Game
Soups and stews
Frozen Yogurt, Ice cream,
Non-Fat Foods, Low Cholesterol
Foods etc.....

Example: Regalia Supplies

Seed, Crow or Bugle beads
Hides, Brain tanning or
Commercial Hide Tanning,
Abalone, Cowry, Hishi Shells,
Moccasins, Consignment
Shop etc.....

- | | | |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |

Please add all items you feel there's a need for in your area for, Restaurant or Regalia Supplies Shop and Circle items on examples already given.

- ☐ Yes, I would purchase items on a regular basis.
☐ No, I would not purchase from either establishment.
☐ I would purchase 1 to 5 times a month.
☐ I would purchase 5 to 10 times or more a month.

Name _____
(optional)

Please mail the survey to: Newsletter • PO Box 549 • Siletz, Oregon 97380, by May 15th or drop it by the Newsletter office.