

ENN March 15, 2006

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Nutrition Update

Americans: Calories Don't Add Up

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How Many Calories Do You Need Each Day? A survey released this month by the International Food Information Council Foundation (IFIC) found that about 9 out of 10 Americans do not know how many calories they should consume every day. Susan T. Borra, RD, President, IFIC Foundation and past president of the American Dietetic Association (ADA) states that "What this survey tells us is that most American consumers are confused about how to use calorie information to make changes in their overall diet in order to improve their health in general or to better manage their weight."

A reliable, easy-to-use tool for estimating your calorie needs based on your age, sex and activity level, can be found at *MyPyramid*,

http://www.mypyramid.gov/downloads/MyPyramid_Food_Intake_Patterns.pdf

The March National Nutrition Month® 2006 (NNM) key messages are based on the *MyPyramid* food guidance system. ADA is promoting these key messages in celebration of NNM.

- * The food and physical activity choices made today - and everyday - affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.
- * Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.
- * Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day - those packed with vitamins, minerals, fiber and other nutrients but lower in calories.
- * Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- * Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

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UAlbany Nutrition News

National Nutrition Month Activities Scheduled in Quad Dining Rooms

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Learn how to estimate your calories and food portions by attending one of the UAlbany's National Nutrition Month presentations in the quad dining rooms.

Stop by one of these presentations and get your nutrition questions answered by
UAlbany's nutritionists.

Monday, March 20, Dutch, 5:00p.m.

Tuesday, March 21, Colonial, 5:00p.m.

Wednesday, March 22, Downtown Café, 11:30

Thursday, March 23, Alumni, 5:00p.m.

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Your Turn

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Email us your thoughts—

1. What nutrition programs or resources would you like provided in the dining halls?
2. What nutrition topics would you like discussed in future ENN issues?