



Information to Improve the Selection and use of Foods In Your Home

Make Smart Food Choices

Is Buying Organic Actually Better for You?

What is the Definition of Organic?

The USDA definition is, "Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations." Organic agriculture is designed to sustain the health of soils, ecosystems and people..



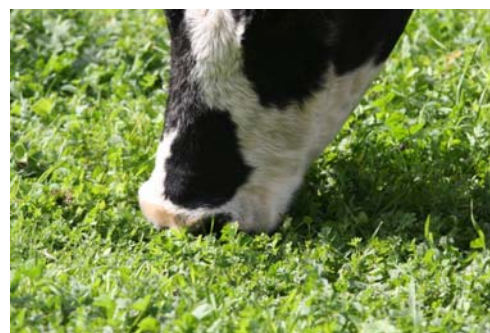
What Types of Food are Available Organic?

Organic food is growing in popularity. Farmers are now organically producing field crops, meat, vegetables, fruits, grains, dairy and eggs. These food products are produced with pesticides and fertilizers that have been approved for organic production, no genetically modified organisms, and in livestock products no growth hormones and limited use of antibiotics. There is also an emphasis on humane treatment and feeding animals more naturally. (e.g. grass-fed cows.)



Is Organic Food Healthier?

If you are comparing an organic apple to a conventionally produced apple, the immediate health benefits are the same. They will have the same vitamins, minerals, water content, fiber, and calories. One is not more nutritionally beneficial than the other although some studies have shown higher levels of antioxidants in some organically grown products. The difference between the two is the impact on the environment



Why is Organic More Expensive?

Farmers must pay certifying organizations to be certified organic. They have to pay for inspections that ensure they are following regulations. Sometimes yields are lower because of pest pressures and lower soil nutrient levels. Being an organic farmer is expensive. You must decide if you are willing to pay the extra money to support organic processes that are kinder to the environment and use more natural and less synthetic inputs.



All Natural: Now you know what “organic” means, but what does “all natural” mean? All natural is a broad term that is not regulated by the FDA. It can be used freely on food labels to indicate foods that are minimally processed. All natural foods typically do not have added artificial sweeteners, fillers, preservatives, trans fats, etc. Choosing an all natural food over a non-all natural food is a good decision. Be careful, just because it is all natural does not mean it is healthy though. There could be all natural jelly beans and bacon!



Nutrition Label Reading 101

Reading food labels is hard work! There are numbers and words and percentages...what does it all mean? Some information is very useful, other information is not. When looking at a food label pay attention to the following main points.

- **Calories:** *snacks should be no more than 250 calories and meals should be no more than 600 calories.*
- **Fat:** % calories from fat should be no more than 30%. (This may take a calculation- divide calories from fat by the calories . For example, the label on the right: 110 divided by 170= 65%.) The food item on the right is very high in fat. Look for lower fat varieties if choosing between several options. The lower the saturated fat, the better. If it is higher in monounsaturated fats and polyunsaturated fats, it is a better product. BE CAREFUL: sometimes low fat products are high in sugar and sodium. Look at the whole label to make the best choice!
- **Sugar:** *fruits and milks have natural sugars. If the product is 100% fruit or 100% dairy, ignore the sugar. Try to find products with less than 35 grams of sugar per serving.*
- **Sodium:** a quick rule of thumb for sodium— make sure the mg of sodium is no more than twice than double the calories. Phew! That sounds confusing! For example the label on the right has 170 calories. Double that= 340. The sodium should be no more than 340; it is only 250 mg so the sodium is OK.
- **Ingredients:** *look for foods with less than five ingredients. Do not eat those with hydrogenated oils or high fructose corn syrup.*
- **Serving size:** be mindful of the serving size. If you plan on eating more than one serving, multiply everything on the label by the amount of servings you eat.

Nutrition Facts	
Serving Size 1 oz. (28g/About 21 pieces)	
Servings Per Container About 2	
Amount Per Serving	
Calories 170	Calories from Fat 110
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%
Vitamin E 6%	Thiamin 4%
Riboflavin 2%	Niacin 4%
Vitamin B ₆ 2%	Phosphorus 2%
* 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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



Do you love purchasing fresh fruits and veggies from your farmer's market? Try this simple salsa recipe for a crunchy, spicy side dish. Most of these ingredients can be found at the farmers market. If you want to make it organic, purchase from organic farmers!

Organic Market Salsa

Ingredients:

- 3 medium tomatoes, diced
- 1/2 cup finely diced onion
- 5 chili peppers, or 2 bell peppers, finely diced
- 1/2 cup chopped fresh cilantro
- 1 teaspoon salt
- The juice of one lime/lemon



Directions:

1. In a medium bowl, stir together tomatoes, onion, chili peppers, cilantro, salt, and lime juice. Chill for one hour in the refrigerator before serving.
2. Enjoy with tortilla chips or as a topping for tacos, quesadillas, or burritos. Let your food imagination go wild!

www.allrecipes.com



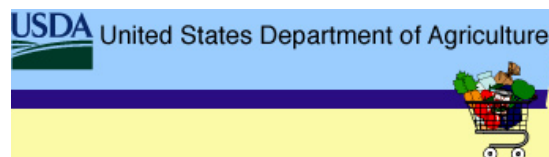
Visit the Mount Clemens Farmer's Market!

When: Fridays and Saturdays, May-November
Time: 7:00 am- 1:00 pm
Where: 141 North River Rd. in Mount Clemens
Why: Taste fresh, seasonal Michigan produce!

Please send us your email to receive monthly updates of our newsletter.

Email Linda Jacob at linda.jacob@macombcountymi.gov

For grilling recipes please visit the USDA SNAP-Ed recipe website: <http://recipefinder.nal.usda.gov/>



Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more. Qualified clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education program (EFNEP) offered through MSUE in Macomb County.

For more information call: 586-469-6432.

FAMILY (586) 469-5180

Jean Lakin, Family Resource Mgt Agent

Alternatives to Anger

September 11th & 18th, 2010

9:00 a.m. - noon
MSU Extension
21885 Dunham
Clinton Township, MI 48036

Call 586-307-8952 to register

Better Budgeting

September 16, 23, & 30, 2010
6:30 pm - 8:30 pm

MSU Extension
21885 Dunham
Clinton Township, MI 48036
Call 586-469-7614 to register

Taking Charge of Your Credit

Making Sense of Credit, Debt
and Identity Theft

Call 586-469-7614
for available class dates

HOUSING (586) 469-7614

Anne Lilla, Housing Program Coordinator

**Macomb Homebuyers
Affordable Housing Seminar**

- Renting vs. Buying
 - Government & Bank Loan Programs
 - Down Payment Assistance
 - Saving Money & Cleaning Up Credit
- Tuesday, October 12th, 2010
6:30 p.m. — 8:30 p.m.
to be held at Warren City Hall
Call 586-469-7614 to register

Money Management

Mondays, 6:30—9:00 pm
September 27, October 4, 18, 25,
November 1, 8, 15, 22, 2010
MSU Extension
21885 Dunham - Clinton Township
Call (586) 469-7614 to register

Home Ownership Seminar

FREE, 6 hour program
September 29, October 6 & 13, 2010
6:30-8:30 p.m.
MSU Extension
21885 Dunham
Clinton Township, MI 48036
Call 586-469-7614 to register!

NUTRITION (586) 469-6432

Eileen Haraminac, EFNEP Agent

Expanded Food & Nutrition Program
for income eligible families with children - 6 sessions

- ✓ One-On-One Teaching
- ✓ Menu Planning
- ✓ Group Presentation
- ✓ Stretch Your Food Dollars
- ✓ Label Reading



MICHIGAN STATE
UNIVERSITY
EXTENSION

Food Service/Safety
Certification Training

For further information on class
schedules and locations log on to:
<http://web2.canr.msu.edu/servsafe/>

Food Preservation

Interested in Food Preservation?
(canning)

Daytime and/or week-end classes forming
Email: Linda Jacob at
linda.jacob@macombcountymi.gov

