

## Healthy Eating on a Budget

Some ideas to help make informed food choices and develop sound eating and physical activity habits can be found on the United States Department of Agriculture (USDA) Choose MyPlate website [www.choosemyplate.gov](http://www.choosemyplate.gov). Topics include: Healthy Eating on a Budget, Start with Small Changes, BMI Calculator, Food Quizzes, Sample Menus and more.

If you like to cook, more than 1300 healthy and low cost recipes can be found at the What's Cooking – USDA Mixing Bowl site <http://www.whatscooking.fns.usda.gov>.

Here are some tips on how to make healthy food choices while staying within your budget.

### USDA Tips: Best Buys for Cost and Nutrition

#### Breads and Grains

- Choose whole-grain bread. Look for bargains on day old varieties.
- Buy regular brown rice and old-fashioned oats and grits instead of instant varieties to save money and consume less sugar, salt, and calories.
- Rice and pasta are budget-friendly grain options.

#### Vegetables & Fruits

- Frozen and canned fruits are available year round, can save you money, and have similar nutrition values to fresh.
- Choose fruit canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label.
- If you have the freezer space, buy frozen vegetables without added sauces or butter. They are as good for you as fresh and may cost less.
- Buy fresh fruits in season when they generally cost less.

#### Low-Fat or Fat-Free Milk Products

- Buy fresh, low-fat milk, yogurt, and cheese in the largest size that can be used before spoiling.
- Buy plain yogurt and mix in fresh fruit.
- Ultra-pasteurized milk has a longer expiration date and won't spoil as fast.

#### Meat and Beans

- Dried beans and peas are a good source of protein and fiber. They last a year or more without spoiling.
- Canned tuna packed in water is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.
- To lower meat costs, buy the family-sized or value pack and freeze what you don't use. Choose lean meats like chicken or turkey. When choosing ground beef, make sure it's lean (at least 93% lean) ground beef.

Source: USDA: *Eat Right When Money's Tight & ChooseMyPlate.gov website*





# HEALTH FLASH

## You can boost your thinking in just 10 minutes



Many people can learn and understand more after just 10 minutes of moderate-to-vigorous aerobic exercise, according to a University of Western Ontario study published in the January 2018 issue of *Neuropsychologia*. The effects of a 10-minute burst of exercise appear to be immediate. In the study, a group of healthy young adults used an exercise bike for 10 minutes and was then tested on reaction time in an area of the brain known for overseeing executive functions like problem solving, decision making and judgment. In some instances, the exercisers showed an immediate 14 percent gain in cognitive performance. Even people with physical and mental limitations can benefit from minor exercise. The implications are important for everyone. If you are about to take a test or engage in any mental task, a 10-minute burst of aerobic exercise beforehand could give you an edge.



## New FDA Nutrition Labels

The U.S. Food and Drug Administration (FDA) recently announced new nutrition labels for packaged foods. The new labels, expected to start appearing on shelves in the summer of 2018, not only have a new look but have some updates to help consumers make better decisions about the foods they eat.

Some key changes in the new label are highlighted in the side-by-side comparison to the right and include:

- 1 Serving sizes now reflect what people actually eat and drink today. For example, ice cream was previously 1/2 cup and now is 2/3 cups.
- 2 "Calories" per serving is bolder and larger.
- 3 "Calories from Fat" has been removed. The type of fat is more important than the amount.
- 4 "Added Sugars" is now required to help distinguish between naturally occurring sugars and what has been added during processing to create extra sweetness. Added sugars include cane sugar, concentrated fruit juices, maple syrup, molasses and honey.
- 5 Required and permitted nutrients have been updated based on newer scientific evidences. Vitamin D and potassium are now required because Americans are not getting the recommended amounts. Vitamins A and C are removed because deficiencies of these are rare today.
- 6 The change in the footnote at the bottom is to help better explain the meaning of % of Daily Value (DV) – how much a serving of food contributes to a nutritious daily diet.

### Current Label

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 72
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 12g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

### New Label

Nutrition Facts	
1 8 servings per container	
<b>Serving size 2/3 cup (55g)</b>	
<b>2 Amount per serving</b>	
<b>Calories 230</b>	
% Daily Value*	
<b>3 Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
<b>4 Includes 10g Added Sugars</b>	<b>20%</b>
<b>Protein</b> 3g	
<b>5 Vitamin D</b> 2mcg	<b>10%</b>
<b>Calcium</b> 200mg	<b>15%</b>
<b>Iron</b> 8mg	<b>45%</b>
<b>Potassium</b> 235mg	<b>6%</b>
6 * 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.	

For more information visit: [www.fda.gov](http://www.fda.gov).

Source: FDA.gov

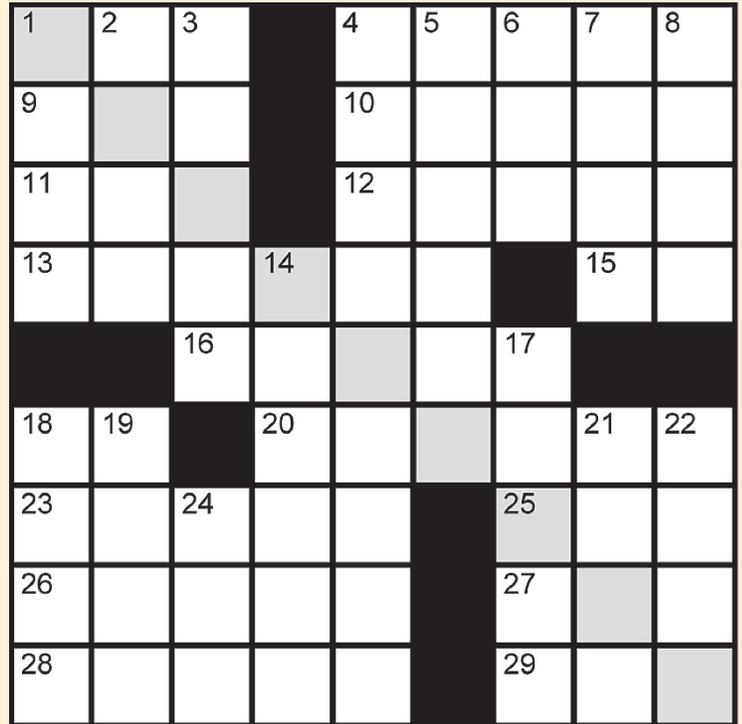
## Kind of an Orange

### Across

1. Recipe amt.
4. Finale
9. Call to Bo-peep
10. Unusual
11. Break a commandment
12. 1545 council site
13. Pickle
15. Gift tag word
16. Cloudless
18. Kipling poem
20. Still on the shelf, maybe
23. Punctuation mark
25. Chit
26. Dangerous bacteria
27. Econ. indicator
28. Fortune teller
29. Born as

### Down

1. Recipe abbr.
2. Breeze (through)
3. Pre-exam feeling, maybe
4. Exact or very accurate
5. Pestle's partner
6. "The Three Faces of \_\_\_\_"
7. Lady's escort
8. Kind of sax
14. In a melancholy manner
17. Despot's duration
18. Clinches
19. Central points
21. Excellent
22. Fool
24. Unruly crowd
15. \_\_\_ Lanka
18. Pertaining to a forearm bone
19. Disciple
20. Extensor muscle
21. Nota \_\_\_
22. National Cash Register: Abbr.
23. Exclamation
26. Thus



The headline is a clue to the answer in the diagonal.

## Health Notes



### Zucchini

Zucchini is a good source of vitamin C, potassium, vitamin B6 and manganese an essential mineral involved in the formation of bone.<sup>1</sup> A cup of raw zucchini contains only 20 calories.

Zucchini is also a great example of a plant that can keep feeding you even during winter, as it is well preserved, shredded in the freezer. You can grate zucchini in a food processor and store two cups worth in the freezer to use all year long. The grated zucchini is a great way to hide some extra veggies in your tomato sauce. You can also use it in quiche, muffins or bread.

Grilled zucchini makes an excellent side dish. To prepare, slice the long way. Place the slices on the grill (or in a grill basket) and brush them with Italian dressing on each side.

For more recipes and information visit <https://whatscooking.fns.usda.gov/>

<sup>1</sup> [http://harvestofthemonth.cdph.ca.gov/documents/Summer/021712/ED\\_Zucchini\\_Newsletter\\_Final.pdf](http://harvestofthemonth.cdph.ca.gov/documents/Summer/021712/ED_Zucchini_Newsletter_Final.pdf)



"After working so hard for four years, you expect me to get a job?"



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# Health Notes

*for a healthier life*

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## In This Issue:

- Healthy Eating on a Budget
- New FDA Nutrition Labels
- Boost your thinking in just 10 minutes
- Crossword Puzzle
- Zucchini Tips
- Customer Service Center

# Customer Service Center

*We're Here to Help!*

Reserve National Insurance Company's Customer Service Department, based in Oklahoma City, solves problems every day for Reserve National customers across the United States. If you have a question about a claim, premium payment or your policy, please give one of our Customer Service Representatives a call. They'll give you the personal attention you deserve.

### Change of Address? New Phone Number? Please let us know!

To better serve you as a policyholder, we must keep your current address *and* phone number in our records. **If you have moved or changed phone numbers recently, please call our Customer Service toll-free line at 800.654.9106.** You may also email us at [customerservice@reservenational.com](mailto:customerservice@reservenational.com). To ensure that we update your records correctly, please include your policy number(s).

If you change addresses in the future, you will also need to fill out a Change of Address card at your local United States postal facility. Before submitting your Change of Address card, please discuss your planned change with a U.S. Postal Clerk and have them examine your change on your card to make sure it is correct. This will ensure your mail is forwarded to your new address.

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# Health Notes

*for a healthier life*

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