

GENERAL MEMBERSHIP MEETING

Wednesday, January 20, 2010 - "Workers' Compensation Fraud and Investigations"
 Chuck Doppler and Rob Forward, WSI Special Investigations Unit

LEARNING HOW TO READ AND UNDERSTAND FOOD LABELS:

Start here. Note the size of a single serving and how many servings are in the package.

Check total calories per serving. Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

Limit these nutrients. Remember, you need to limit your total fat to no more than 56-78 grams a day — including no more than 16 grams of saturated fat, less than two grams of *trans* fat, and less than 300 mg cholesterol (for a 2,000 calorie diet).

Get enough of these nutrients. Make sure you get 100 percent of the fiber, vitamins and other nutrients you need every day.

Quick guide to % DV. The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.



Nutrition Facts

Serving Size 1 slice (47g)
 Servings Per Container 6

Amount Per Serving

| | Amount | % Daily Value* |
|----------------------|--------------|----------------------|
| Calories | 160 | Calories from Fat 90 |
| Total Fat | 10g | 15% |
| Saturated Fat | 2.5g | 11% |
| Trans Fat | 2g | |
| Cholesterol | 0mg | 0% |
| Sodium | 300mg | 12% |
| Total Carb | 15g | 5% |
| Dietary Fiber | less than 1g | 3% |
| Sugars | 1g | |
| Protein | 3g | |
| Vitamin A | 0% | Vitamin C 4% |
| Calcium | 45% | Iron 6% |
| Thiamin | 8% | Riboflavin 6% |
| Niacin | 6% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Here are more tips for getting as much health information as possible from the Nutrition Facts label:

- Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight. Find out your personal daily limits on [My Fats Translator](#).
- In general, as you think about the amount of calories in a food per serving, remember that for a 2,000-calorie diet:
 - 40 calories per serving is considered low;
 - 100 calories per serving is considered moderate; and
 - 400 calories or more per serving is considered high.
- There is no % DV shown for *trans* fat on the panel because the U.S. Food and Drug Administration (FDA) does not have enough scientific information to set this value. We recommend eating less than 20 calories or (less than two grams of *trans* fat) a day — that's less than 1 percent of your total daily calories (for a 2,000-calorie-a-day diet).
- When the Nutrition Facts panel says the food contains "0 g" of *trans* fat, it means the food contains less than 0.5 grams of *trans* fat per serving.
- When the Nutrition Facts label says a food contains "0 g" of *trans* fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains *trans* fat, but less than 0.5 grams of *trans* fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of *trans* fat. [<http://www.americanheart.org/presenter.jhtml?identifier=30046050>]

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00-8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7TH AVENUE SOUTH
 NEXT MEETING → February 4th

WELCOME NEW BOARD MEMBERS!

2010 BOARD MEMBERS

- Carol Gierszewski (PRESIDENT)**
City of Grand Forks
- Christin McWaters (VICE-PRESIDENT)**
UND Campus Safety & Security
- Joe Strang (TREASURER)**
Valley Dairy Car Wash
- Tracy Cameron (SECRETARY)**
RiverView Healthcare Association
- Todd Brady, Marvin Windows**
Davis Hoverson, Workforce Safety & Insurance
- Rachel Kmecik, Grafton Equipment Company**
Tim Krile, Safety Kleen Systems
- Eric Pearson,**
UND Campus Safety & Security
- Lyle Ross, Vigen Construction, Inc.**
Annette Shane, Grand Forks Park District

COMMITTEES

Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- Visit us at www.nosha.net for the latest updates and announcements!

Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- February 17, 2010** - Marvin Windows and Door's "Wellness Program", Todd Brady and Vicky Hamm
- March 17, 2010** - "Stress Management", Milissa Van Eps, North Dakota BCBS

Membership Committee

(Davis Hoverson, Rachel Kmecik)

★ **60+ MEMBERS STRONG...and GROWING!**

For everyone that attended our December GM Meeting - Here are the instructions for the "Bottle Top" Christmas Surprise from NOSHA:

BOTTLE TOP INSTRUCTIONS

- Open beverage can normally and place on flat surface.
- Position Bottle Top directly on top of can and press straight down firmly until it snaps onto can.
- To remove from can, squeeze the can and gently pull off.

"COLD FACTS"

PO Box 14663, Grand Forks, ND 58208-4663 • www.nosha.net • info@nosha.net

IF YOU ARE ADMINISTERING FIRST AID TO SOMEONE SUFFERING FROM HYPOTHERMIA, CONCENTRATE ON REWARMING THE VICTIM'S BODY AROUND THE RIBS AND HEART FIRST TO INCREASE THE CORE TEMPERATURE, NOT THE EXTREMITIES. IF THE PERSON IS CONSCIOUS, GIVE THEM A WARM, SWEET NONALCOHOLIC DRINK AND SEEK EMERGENCY MEDICAL ATTENTION. [www.makesafetyfun.com]

