

>> Please stand by for realitme captions.

>> Hello everyone. We are just doing an audio check. We are trying to get a couple of people logged in who have not connected audio so you will see some chat that. Otherwise we are trying to get our presenter logged into the webinar. She was locked in earlier and it disappeared so she is getting another laptop up and running.

>> Hello everyone this is Joe. Hang in there we are trying to straighten out technical issues and get the presenter. Hopefully it will not be too much longer.

>> We just got the presenter into the webinar room and we are waiting for her to get her audio successfully connected. Please bear with us so we can get started.

>> Hello can you hear me?

>> Hello we can hear your.

>> We are connected on the phone and it was a problem with the cable. We are ready to go. Sorry that the presenter is very late today.

>> We have our presenter. We will get started. Good afternoon everyone. We have a terrific webinar for you. It is entitled nutrition 101 eat and drink your way through government resources on good nutrition. I am with my colleague I will read a little bit [Indiscernible] from Puerto Rico she has four years of experience she started in the public library and moved into school libraries time for six years in the Interamerican University graduate school and worked as the director of the library in post secondary vocational school and arrived at her current job in 2007. She fell in love with the world of government documents and has taken on the special task of promoting documents that exist in other languages especially Spanish is 100% of her users are native Spanish speakers. Before we get started I have to walk you through the housekeeping reminders. If you have any questions or comments on the presentation feel free to let us know in the chat box in the bottom right corner of your screen. I will keep track of all of the questions that come in and Jane will respond to each of them. We are recording today's session we will email it to everybody and we will also send you a certificate of precipitation using the email that you use to register for the webinar. If anybody needs additional certificates please email us FDLP outreach. If you need to zoom in on the slides you can click on the full-screen button. To exit the full-screen mode then click on the blue return button to get back to defaults. Finally at the end of the session we will let you know when the survey is available and the URL will appear in the chat box. We appreciate your feedback after the session is through today. The presentation style and value and use the webinar chat box for questions you would like to ask James ask the Jane. I will handed over to Jane.

>> I apologize for being late. And then we had a bad cable and every time he connected the phone the Internet went out can you hear me now.

>> I can hear you.

>> I thought we had lost the connection again.

>> I can hear you fine.

>> Welcome to nutrition 101. This is a do as I say and not as I do presentation because both of you who know me know that I am a few old-age pounds overweight. I love good food. This is what we should all do but what most of us don't do. Without I will get started with nutrition 101. Let's take a little stroll through the history of how the government has dealt with nutrition and the various ways they have presented the information to us. There are numerous food guides that the government has available at the USDA archive. Let's take a brief stroll through history. Among the first food guides that came out were from 1916 into the early 1930s. There were all USDA publications. They were the first publications to establish guidelines about what was good nutrition. The focus at that point was on what was considered protective foods. The knowledge that we currently have of nutrition and vitamin content was not available at this point. Two of the first guides that came out and these were available at the link that you see on the bottom. There are various others that are available at this archive happy trust. The

first one was selecting food for young children. It is a really interesting read. You will look at it and probably be appalled at how little information existed on what we could ask extra -- consider current. These were among the first attempts and if you like history it is an interesting read. Next up for the 1940s. The 1940s these are the basic seven food groups. This is what my mother was. And elementary school teacher with a background in home economics.

>> Excuse me for a second. Sean said you are still on slide one.

>> I am advancing the slides and for some reason they do not appear to be advancing.

>> That is get did you go to slide to ask a two -- two.

>> Continuing on this was the first guides of the USDA about making food choices. These are all available, as I said digitized and archived in various places here is what I am slide for -- this is what she would have considered. These are what cookbooks of hers I have from the 1940s. Talk about as the basis for good nutrition. This was the basic seven food groups. The first time there was an and for graphic with visual information done the government and included the basic seven food groups. The reason it was seven is vegetables and fruits are divided into different categories. It included it was considered during this time to be complex somebody in the government said this is way too complex people are not using it or responding to it because it is too complex to understand. Moving on from 1956 into the 1970s I won't accuse of anybody else in my audience of being old enough to remember this but I. -- I do. This is what children's in the 50s and 60s and 70s were taught as the basics for food groups. My thought was we have just gone back to the basic four food groups. This was the 1950s to 1970s. And simplified the basic seven into the basic four to make it here in -- to make it easier for people to choose different groups. It did not talk about sugars are appropriate calorie intake. Next up, and I don't have any particular information on this one. It may be because we had just gone to Puerto Rico but I don't have a memory of this being published by the government. The 1984 food will which once again got more complex this included all the food groups but also the concepts of moderation in our food for the first time. The fight for -- five food groups. 1992 we have the food guide pyramid. The food guide pyramid was an attempt to cover total diet. The adequacy of nutrition and the amount we should eat and to depict using the pyramid what we should eat the most of and what we should eat moderate amount of and also included the concept of using fats and sugars in small amounts it also includes ranges of amounts of serving based on your calorie needs. Many of you probably remember this came out on all kinds of versions. There's one for children and one for athletes and there was one for -- I have seen vegetarian versions of this. This was really -- it was really promoted and heavily used by the government. At some point somebody said all of those people out there are still eating too much food. What can I do about this? Maybe they don't understand the food pyramid because it is too complex. Let's simplify things and from the food pyramid we now have my plates. My plates is designed to be very simple it was based on expert opinions of those who study nutrition the portions on it are how we should be portioning our food and our dinner plate. The problem is they have no idea how big my dinner plate is sometimes. My colleagues who are here with me listening said that is the problem the dinner plate is too big. We oversize the portions but this idea was to late how much we eat to what portions but the plates on our dinner table. That is a brief history. I want to just put out a few statistics on obesity and hunger and nutrition and where you can pick up on these statistics with actual data sets. The link to these which is at the CDC is here. I just put in this one it is an appalling statistic 29.6% of us who are over the age of 18 are obese. This is from a huge sample of over 400,000 people and how obese was to find. That is to set the stage for why we should be paying attention to this and we should at least be working toward making our nutrition healthier than it is. Here are a few more interesting statistics. Things like lard for instance contribute to 40% of the daily calories of children and adolescents from age 2 to 18. Considering the nutrition that you need to grow and learn that 40% of our children's calories are coming after is coming from extra sugar and solid fat should be a huge concern for each of us. 63% of our young people drink a sugar sweetened beverage on any given day. That is incredible. Just some more ideas on

how it is we should be paying attention to the nutrition. Adults consumed between 2007 and 2010 11.3% of our total daily calories from fast food. I won't mention a particular fast food place but I can count at least five or six anymore if you consider the local ones within an easy walk from the University where I work. So consuming 11% of my calories from fast food is not nutritionally so great. So how do we find information that is going to make it better for us. How do we get out there and say I'm going to try to do this and I need you to do as I say, not as I. I will give you a great example. Our young grandson goes to a head start program and he found me drinking a Pepsi last weekend and said grandma, milk. So oops. Sometimes our children know better than we do. Some of our government agencies provide nutritional information on all of us from elementary to scholarly publications. When I get to the end of the slide presentation we will go back and I will go live to some of these. Nutrition.gov is a major source. The CDC has a section on nutrition and the CDC collects data through research and publishes the data and actually puts the raw data sets available for other people to use and research. And then I'm -- a wealth of articles on various kinds of nutrition and nutritional bit SGOT disorders. -- Disorders. Other disorders are MEDLINEplus the agricultural library and the head start program has a really excellent nutrition for parents and teachers. I will go through these rapidly so we can go on to a few of these sites. This is the main page. Nutrition.gov. It also exists in a Spanish version. For those of you who have clients that speak Spanish this is the CDC site on nutrition. MEDLINEplus can be changed to Spanish and a variety of other languages as well. There is a food and nutrition information center and this is where you will find lots of information about the various programs of the United States government. These are the links to the major federal government. Did anybody see my exceedingly awful type of mistake? Oops. Lack of perfection here today. The major federal government nutrition program the supplemental nutrition assistance program better known here in Puerto Rico as [Indiscernible] food coupons from its long-ago version the emergency food assistant program this is the program that actually still provides some actual food. In this case administrative funds are provided at state level for states to distribute. They distribute the actual food and finally WIC which here in Puerto Rico has almost certainly save the lives of children and mothers and provided extra and definitely needed nutrition.

>> These are screenshots of the webpages of these programs okay no information and no program. They need to talk a little bit about what is on the label. The famous label that is on all of our food products and what it tells us. This is a screenshot of the USDA site. You can go to nutrition.gov and look for food labels and this will pop up and it will give you information about with the labels say how organic foods are label and other information on all of the famous the levels. Here is a couple of examples and the two on the left and English this is the old version and this is the newer version. The newer version was designed to first of all be more readable who had to. The new and also includes some information. Specifically how much of the sugar is actually extra added sugar. It shows the sugar content and how much of it was added. The new label distinguishes. The other addition is the level of potassium in the product. Here on the right is a Spanish-language version of the nutrition label. Okay and my plate of course. This is the main portal into the my plate.gov program which exists in a variety of languages it provides recipes, all kinds of nutrition information, okay here it is in its banish version. It is multiple languages and it does exist in multiple languages. What is my play and what is it designed to do. It is a reminder this is a reminder of healthy eating. What we do now may make us healthier in the future. I guess I need to say goodbye to potato chips. We can start with small changes to make the diet healthy. From the time we are born until the old or die. I try to put in where you can find state and local information. I did this using a search on USA.gov and this is just three examples. The second one is which provides nutritional guidance for the various tribal populations in the state and the final one is of course my beloved Puerto Rico and this is the link to the nutritional assistance program that exists within Puerto Rico. And always a few things in other languages. There are lots and lots of resources and other languages here are links to them. The one in the middle is the Social Security Administration. Who knew that the Social Security Administration actually has a section on nutrition for senior citizens. And that

one on the bottom is an example. Most state departments of education in order to comply with various laws, rules, and regulations have to provide nutritional information to parents and students about school meals and about nutrition. This happens to be the link to the one for the Department of Education here in Puerto Rico. I would say check that site in your state to see if you find something on nutrition and your Department of Education. These are some screenshots of other kinds of places to find information. Virtually any state Department of Health which has a nutrition section this is a screenshot of the USDA food and nutrition center and it is a list of documents available in other languages. If you were to keep scrolling down the page there are probably at least 30 different languages available. Some of them I have never heard of. It will take you to at least a few publications. In each of the languages. This is just an example when I clicked on the one in Chinese what popped up that is available in Chinese. Finally when I go online to nutrition.gov so we can take a look at it this is the link to the eighth edition of the dietary guidelines for Americans I am presuming that there will be a new petition -- addition out in 2021. This is the publication that is designed for health professionals and people who make policy about nutrition based on all of the currently existing research on nutrition and what we know about what constitutes excellent nutrition which as all of us know changes over the years. My mother thought that two fried eggs and four strips of basic -- bacon and biscuit stripping and butter were a great breakfast. We all know now that younger and granola would always be today's choice for a healthy breakfast so I will go now to screen sharing and see if we can go live to a couple of these sites. Okay here we go let's see if I can get a new tab going here. Let's do it this way. See here I can go to nutrition.gov I hope that everyone can see on the screen that I am in nutrition.gov which is one of the main sites to begin your search for nutrition information. You can search their car you can choose to search all of USDA at the same time. You can choose advanced search which will combine topics and allow you to do more detailed search and. You can also browse by subject, questions to ask about herbal supplements and vitamin mineral supplements and here on the left you are going to find the links to the supplemental nutrition assistance program. To child nutrition programs, to nutrition programs for seniors and various foods distribution centers. To have various parts of the nutrition site let's go take a look at this.. Have some links to information on the various historical dietary guidelines that have existed and I am going to go to one of my favorites that have extra milk and nutrition and food for women who are pregnant infants and children here in Puerto Rico it has been over the years it has existed. It provides as well as fresh fruits and vegetables you can go to the local farmers and user check for the WIC program to choose organic options and options that are in season at the local farmers market. It is one of the programs that has accounted for increasingly high nutritional standards and lower infant mortality rates within poor areas of the United States. With that I am going to stop sharing and go back to my presentation and I think we will have a few minutes so I can say thank you to everyone for listening and I think that leaves us with a few minutes for questions if anyone has questions.

>> Thank you. Great webinar again. Terrific.

>> The technical issues did not last too long. Any questions for Jane. Getting a shout out here. I will have to go to the nutrition.gov site so I will actually go there.

>> That be nice if somebody

>> I was not aware of that site. Anywhere questions for Jane out there.

>> As always if anyone would like the PowerPoint in PowerPoint format I will be more than happy to share in the PowerPoint.

>> Great offer there. We will put the satisfaction survey in the chat box and we would appreciate if you feel that out.

>> Don't forget tomorrow's webinar in which I will try to convince everybody else that they want to do webinars.

>> I am looking forward to that and they can present a great webinar. Her famous six part series Sean will put the link plus all of the emails that are not addressed. They have the science soup series that is

one of her great series that she is done for us. So also put in if you want to learn more about the FDLP Academy he put in the chat box the partnership of GPL talks about the webinars we do conferences so please give that a look when you have the chance. If you put your email and?

>> I will put it in again just to be sure.

>> More shout outs. There it is. I see it there.

>> I put it in and failed to hit send.

>> I will go to my wrap up comments but we have plenty of time for you to ask Jane a question. I would like to I would also like to thank my colleagues Sean for great work today. Don't forget our webinar. We have another one to also done by Jane that title exciting enriching and easy tips and tricks to contribute knowledge in the category. There is a tremendous amount of work. Jane is a veteran that can teach you about the tips and tricks so it should be a great webinar. You will see notice of all of our webinars if you sign up for news and events and from the webpage which is linked to the home page. You can view a calendar the access past webinars from the archive and linked to a form to volunteer to present the Academy webinar or you can email me and I will be happy to schedule a webinar with you. Let's see if you have any questions for Jane. I think the same thing happened yesterday. The presentation was so great there were no questions. She covered everything.

>> I think so definitely.

>> There is always something new that everybody out there will discover

>> Plenty of shout outs and thank you's. I think you have covered all of the bases. Everything has been covered so with that I will reluctantly close things out here and thank you audience and come back to the webinar tomorrow. It will be a great webinar. Have a great rest of the day.

>> [event concluded]