



Message from the CEO

Carol Carew, RN, BSN, MBA

Spring starts this month and most of us start thinking about getting in better shape for summer. Eating a healthy diet can be confusing and while labels on food are helpful, it can be hard to know what it all means.

March is National Nutrition Month. On the back, there is information on how to make the most of the nutrition labels that are on prepackaged foods.

One important tip: always look at the serving size! How many of you have eaten twice the servings because you only looked at the calorie count. Eating a healthy diet, which includes less fat and added sugars, doesn't just improve your looks, but more importantly, it improves your health.

Also, March 30 is National Doctors' Day. The very first Doctors' Day was celebrated in 1933 in Winder, Georgia. The day was designed to celebrate the contribution physicians make in caring for the health and well-being of Americans. Visit our website at bucksporthc.org/meet-our-providers to meet our wonderful physicians.

Happy Easter, everyone. Be sure to read the labels on the chocolate eggs.



Carol

We are hiring ...

Visit www.bucksporthc.org to learn more.

- School-based Clinician, LCSW, LCPC, LMSW-cc
Family Practice MD/DO - Full time in Bucksport.
Practice Manager
LCSW Behavioral Health Therapist
Dental Assistant - Bucksport
Dental Hygienist, per diem
Phlebotomist I
Medical Assistant

COVID-19 Vaccine Clinics

Please continue to check our Facebook page and website for additional COVID vaccine clinics.

March is National Kidney Month

Visit National Kidney Month 2024 | NIDDK (nih.gov)

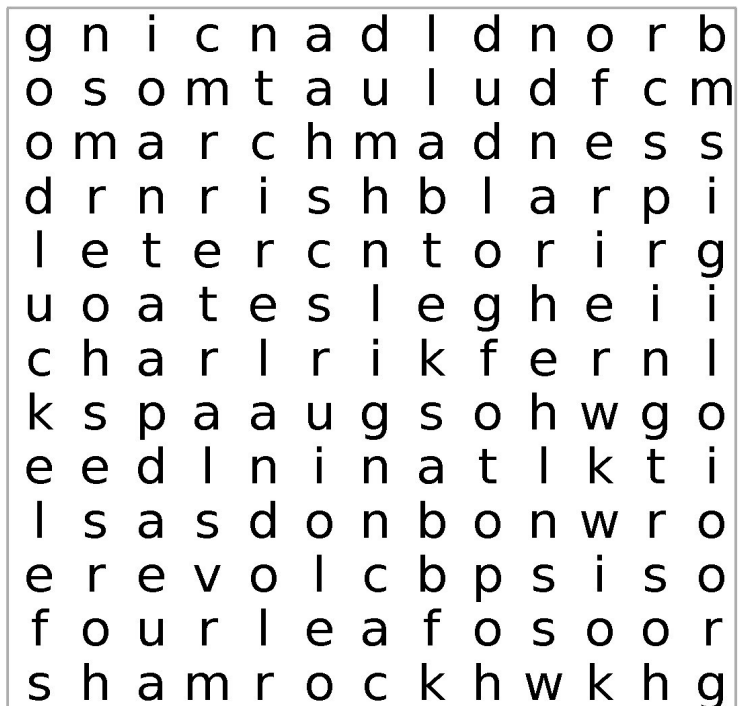
National Kidney Month highlights and raises awareness about kidney disease.

Did you know?

- More than 1 in 7 U.S. adults are estimated to have chronic kidney disease.
Early kidney disease usually has no symptoms.
You are at higher risk for kidney disease if you are over 60, have diabetes, high blood pressure, heart disease, or a family history of kidney failure.
Finding kidney disease early allows you time to try lifestyle changes and medicines that could keep your kidneys healthier for longer, and reduce your risk for heart attack and stroke.
A urine test and a blood test can check for kidney disease.

Wordsearch - March

- Horseshoe Pot of gold March Madness
Spring Rainbow Basketball
Ireland Irish Four leaf
Dancing Leprechaun Clover
Good luck Green Shamrock



March is National Nutrition Month®

Make informed food choices with the U.S. Food and Drug Administration’s Nutrition Facts label!

The Nutrition Facts label can help you make food choices that contribute to lifelong healthy eating habits.

Learn more about serving sizes, calories, Daily Values, and nutrient listings at www.fda.gov/NutritionFactsLabel

FDA’s **Nutrition Facts Label** when grocery shopping to compare ingredients in different food items.

Select items that have higher amounts of vitamins, minerals, and dietary fiber and lower amounts of sodium, saturated fat, and added sugars.

Number 1: Serving Sizes Get Real

Serving sizes reflect the amount people typically eat. The serving size is not a recommendation of how much to eat.

Number 2: Calories Go Big

Calories are in large and bold font to make the information easier to find and use. 2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level.

Number 3: The Lows and Highs of % Daily Value

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. As a general guide: 5% DV or less of a nutrient per serving is considered low. 20% DV or more of a nutrient per serving is considered high.

Number 4: Nutrients: The Updated List

What information was no longer required on the label? Calories from fat was removed because research shows the type of fat consumed is more important than the amount.

Vitamin A and C are no longer required on the label since deficiencies of these vitamins are rare today. These nutrients can be included on a voluntary basis.

What information was added to the label?

“Added sugars” was added to the label because consuming too much added sugars can make it hard to meet nutrient needs while staying within calorie limits. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

Vitamin D and potassium were required to be listed on the label because Americans do not always get the recommended amounts.

Diets higher in vitamin D and potassium can reduce the risk of osteoporosis and high blood pressure, respectively.

What vitamins and minerals stayed the same?

Calcium and iron continue to be listed on the label because Americans do not always get the recommended amounts. Diets higher in calcium and iron can reduce the risk of osteoporosis and anemia, respectively.

Current Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	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.

- 1
The serving size appears in large, bold font and some serving sizes were updated.
- 2
Calories are displayed in large, bold font.
- 3
Daily Values were updated.
- 4
Added sugars, vitamin D, and potassium are required on the label. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.