A health disparity is a difference between groups of people relating to health status. It is closely linked with social, economic, and/or environmental disadvantages.

Many factors contribute to one’s ability to achieve good health including:

- Race or ethnicity
- Sex or sexual identity
- Age, disability
- Socioeconomic status
- Geographic location

Minorities Experience more Barriers to Healthcare

Scholars believe that health disparities occur because some groups have had:

- less access to goods and services
- fewer opportunities to eat healthier

Minorities are at higher risk for health disparities. Be aware of your personal risk.

- African Americans only eat 3 of the 9 recommended fruit and vegetable servings per day
- Only 25% of Latinos eat 5 of the 9 recommended fruit and vegetable servings per day

About Us

The Texas Obesity Research Center promotes interdisciplinary research, education and training and fosters local community collaborations to develop state-of-the-art Obesity Prevention and Control methodologies through cross sectional and longitudinal research investigating psychosocial, environmental and biologic determinants of obesity and its consequences.

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Understanding Nutrition Facts Labels
Make Your Calories Count!

Understanding how to read food nutrition labels is vital in maintaining a healthy lifestyle and all it takes is 3 easy steps:

1. Size up your serving and calories
2. See what’s in it for you
3. Judge if it’s right for you

What is a serving size?

A serving size is a standardized amount of food, such as a cup or ounce, used in comparing similar foods. Serving size on the food label is listed as a common household measure followed by equivalent metric quantity.

What are calories?

Calories are the measure (amount) of energy in a serving of food.

Each serving size consists of a certain amount of calories. Based on your gender and age, a specific amount of calories should be consumed daily.

To figure out how many calories you should consume per day visit: http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/calreqtips.pdf

Step 1: Size up your serving and calories

Ask yourself the following questions:

- What is the serving size?
- How many servings are in the container?
- How many calories are in a single serving?

Daily Value

Daily Values are reference points for intakes determined by public health experts and based on a 2000 Calorie diet. These values are found in the footnote of the Nutrition Facts label and do not change from product to product.

Step 2: What’s right for you

Always check the daily value. Additionally, when evaluating the nutrition label, look at the nutrients included. Things like saturated and unsaturated fats, sodium, iron, sugars, etc. are important to look for in order to maintain a healthy and fulfilling diet!

Step 3: Make Smart Choices

Ask yourself, is this a smart choice? And then:

- Compare calories
- Limit some nutrients
- Get enough of other nutrients
- Pull everything together

Judge if it is right for you: It’s only three easy steps!

The Good, Bad, and Healthy

Good: unsaturated fats, iron, zinc, calcium, proteins, vitamins & minerals

Bad: Trans-fat, saturated fats, sugars, cholesterol

Healthy: Remember, too much of anything isn’t good – limit yourself to the total calorie amount per day and get a good balance of all nutrients!

Quick Tips for a Healthy Diet

- Choose wheat over white for breads and grains
- Limit high-calorie beverages
- Order meat grilled or baked without breading
- Avoid salting foods
- Drink 8 glasses (64 oz) of water per day