

Nutrition Matters

Proper nutrition is important throughout your life. It can help reduce the risk and manage some diseases that are common in older adults. Understanding the Nutrition Facts Label found on packaged foods will help you make food choices that are best for your health.

1. Serving Size

The nutrition information is based on **one serving** of the food. Serving size is the amount of food that is typically eaten at one time. Servings per container show the total number of servings in the food package.

TIP: When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

2. Calories

Calories refer to the total number of calories in **one serving** of the food.

3. Percent Daily Value (%DV)

%DV shows how the nutrients in one serving of the food contribute to your total daily diet. It is based on a 2,000 calorie diet. Ask your health care provider what calorie level is right for you.

4. Nutrients to Limit

Saturated fat, sodium, added sugars, and *trans* fat may increase your risk of chronic diseases such as heart disease, some cancers, and high blood pressure. Try to keep your intake of these nutrients as low as possible each day.

5. Important Nutrients for Your Health

Most people do not get the recommended amount of dietary fiber, vitamin D, calcium, iron, and potassium. These nutrients can reduce your risk of developing some health conditions such as high blood pressure, heart disease, anemia, and osteoporosis. Try to get 100% DV of these nutrients on most days.

TIP: As a general guide, 5% DV or less of a nutrient per serving is considered low, and 20% DV or more of a nutrient per serving is considered high.

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.



Nourishment. **Delivered.**