

SENIOR NUTRITION NOTES  
Washtenaw County OCED  
415 W. Michigan Ave, Ypsilanti, MI 48197  
August 2015

**How to Read Nutrition Labels:**

<b>1</b>	<b>Nutrition Facts</b>
	Serving Size 2/3 cup (55g) Servings Per Container About 8
<b>2</b>	<b>Amount Per Serving</b> <b>Calories</b> 230 <b>Calories from Fat</b> 72
	<b>% Daily Value*</b>
	<b>Total Fat</b> 8g <b>12%</b>
	Saturated Fat 1g <b>5%</b>
	Trans Fat 0g
<b>3</b>	<b>Cholesterol</b> 0mg <b>0%</b>
	<b>Sodium</b> 160mg <b>7%</b>
	<b>Total Carbohydrate</b> 37g <b>12%</b>
	Dietary Fiber 4g <b>16%</b>
	Sugars 1g
<b>4</b>	<b>Protein</b> 3g
	Vitamin A      10%
	Vitamin C      8%
	Calcium      20%
	Iron      45%
<b>5</b>	* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.
	Calories:    2,000    2,500
	Total Fat    Less than    65g    80g
	Sat Fat      Less than    20g    25g
	Cholesterol    Less than    300mg    300mg
	Sodium      Less than    2,400mg    2,400mg
	Total Carbohydrate    300g    375g
	Dietary Fiber      25g    30g

**1 - Start with the serving information at the top of the label:** This will tell you the size of a single serving and the total number of servings per container (package).

**2 - Next, check total calories per serving:** Pay attention to the calories per serving and how many servings you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

**3 - Limit these nutrients:** AHA recommends limiting these nutrients: Based on a 2,000 calorie diet, no more than 11-13 grams of saturated fat, as little *trans* fat as possible, and no more than 1,500 mg of sodium.

**4 - Get enough of these nutrients:** Make sure you get enough of beneficial nutrients such as: dietary fiber, protein, calcium, iron, vitamins and other nutrients you need every day.

**5 - Quick guide to % Daily Value:** The % Daily Value (DV) tells you the percentage 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 or sodium), choose foods with a lower % DV — 5 percent or less. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more.

**\*\*\*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.**

Adapted from "Understanding Food Nutrition Labels"

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Understanding-Food-Nutrition-Labels\\_UCM\\_300132\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Understanding-Food-Nutrition-Labels_UCM_300132_Article.jsp)