

TYLER COUNTY NUTRITION CENTER: DATE: 10-6-24
South East Texas Food Bank Chelsea 10am
Nutrition Class/Bingo

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|----|------------------|----|
| 1 | Leanna Adwell | 13 |
| 2 | Dick Wiggins | 14 |
| 3 | Shere Stehm | 15 |
| 4 | Bucky Harman | 16 |
| 5 | Jimmy Harman | 17 |
| 6 | Balsa Hight | 18 |
| 7 | April Starks | 19 |
| 8 | Nelda Leathem | 20 |
| 9 | Bill Leathem | 21 |
| 10 | Carolyn Palmeter | 22 |
| 11 | Annita Plattner | 23 |
| 12 | Richard Mitchell | 24 |

12



Using the Nutrition Facts Label: FOR OLDER ADULTS



Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the **Nutrition Facts label** and you can find it on packaged foods and beverages. Read this booklet to learn how to use the Nutrition Facts label.

UNDERSTANDING THE NUTRITION FACTS LABEL

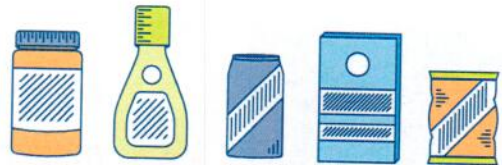
The following key terms are intended to make it easier for you to use the Nutrition Facts labels to make informed food choices.

Servings Per Container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving. For example, if you eat or drink two servings, you are getting double the calories and double the nutrients that are listed on the label.

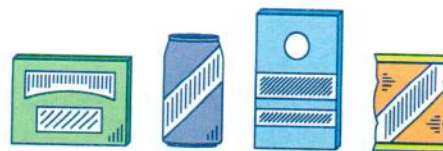
Serving Size is based on the amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have nutrition information listed for the entire package.

Calories refers to the total number of calories in a serving of the food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses.

2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at www.ChooseMyPlate.gov/MyPlatePlan.



NUTRIENTS AND YOUR NEEDS



Nutrients are substances in your food that keep your body working well. Eating too much or too little of some nutrients may increase your risk of certain chronic diseases, such as heart disease and high blood pressure.

Older adults have different nutritional needs than other age groups. The Nutrition Facts label can help you monitor some of the nutrients in your diet.

This booklet gives some basic facts about the nutrients commonly seen on the Nutrition Facts label. Use this booklet to help you talk to your healthcare provider about which nutrients you should track closely for your overall health. Visit www.ChooseMyPlate.gov for more information on making healthy food choices.



More often, look for packaged foods that are:



Higher in dietary fiber, vitamin D, calcium, and potassium.



Lower in saturated fat, sodium, and added sugars.



GET LESS OF THESE NUTRIENTS: **Saturated Fat, Sodium, and Added Sugars**

Most older adults get too much of these nutrients. More often, compare and choose foods to get less of these nutrients each day.

Saturated fat is found in higher amounts in animal products. An exception is seafood, which is generally low in saturated fat. Unsaturated fats are found in higher amounts in plant-based oils (e.g., canola and olive oils), nuts, seeds, and seafood. Diets in which unsaturated fats are eaten in place of saturated fats and within the recommended daily limits for calories, are associated with a reduced risk of developing cardiovascular disease.

The Daily Value for saturated fat is less than 20 g per day.*

Sodium is a mineral and is commonly found in table salt and in many commercially processed, packaged and prepared foods. The body needs sodium in relatively small amounts. Sodium is important for fluid balance as well as muscle and nervous system function. Diets higher in sodium are associated with an increased risk of developing high blood pressure, which can raise the risk of heart attacks, heart failure, stroke, kidney disease, and blindness. Since blood pressure often rises with age, limiting your sodium intake becomes even more important each year.

The Daily Value for sodium is less than 2,300 mg per day.*

Added sugars includes 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. Diets high in calories from added sugars can make it harder to meet nutrient needs while staying within calorie limits.

The Daily Value for Added Sugars is less than 50 g per day.*

**Based on a 2,000-calorie daily diet.*

Folate and Folic Acid on the Nutrition and Supplement Facts Labels

What is folate?

Folate is a B vitamin that helps your body make healthy new cells.

What foods provide folate?

Folate is naturally present in many foods, including vegetables (especially asparagus, brussels sprouts, and dark green leafy vegetables such as spinach and mustard greens), fruits and fruit juices (especially oranges and orange juice), beef liver, nuts (such as walnuts), and beans and peas (such as kidney beans and black-eyed peas).



Asparagus



Brussels sprouts



Dark leafy greens



Oranges and
orange juice



Beef liver



Nuts
(such as walnuts)



Beans and peas
(such as kidney beans
and black-eyed peas)

**Nutrition
Facts Label**

What's in it for you?



How is folate listed on the Nutrition Facts label and Supplement Facts label?

The mcg DFE is the unit of measure for folate on the Nutrition Facts and Supplement Facts label. The measure of mcg DFE is used because the body has an easier time absorbing folic acid than folate.

A %DV is shown for the total amount of folate in a product, and if any of the total folate comes from folic acid, that amount of folic acid is listed in mcg in parentheses.

Am I getting enough folate/folic acid?

For most people, using the %DV can help them choose foods to get enough folate in their diet. For individuals who could become pregnant, look for the amount of folic acid in mcg listed in the parentheses on the label so you know how much you are consuming from fortified foods and dietary supplements. If a product's label lists %DV for folate but does not show mcg of folic acid in parentheses that means that folic acid has not been added to the product.

Remember:

- 5% DV or less of folate per serving means the product is low in folate.
- 20% DV or more of folate per serving means the product is high in folate.

Don't forget to include foods that have folate, such as those listed above, in your healthy eating plan. To determine if a food has added folic acid, look for "folic acid" in parentheses on the label. Talk to your healthcare provider about which nutrients you should track for overall health.

Learn more about the Nutrition Facts label at: www.FDA.gov/NutritionFactsLabel

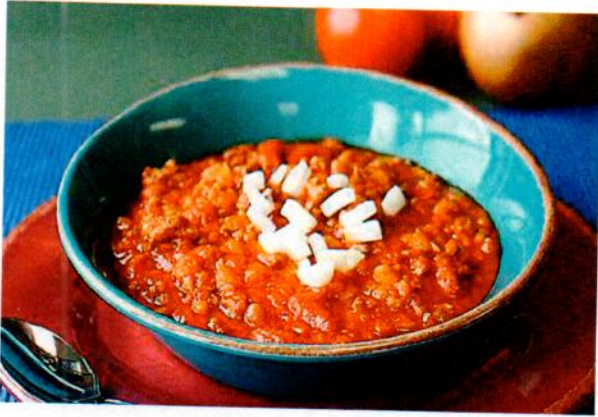
| Nutrition Facts | |
|--------------------------------------|------------|
| About 13 servings per container | |
| Serving size 6 crackers (30g) | |
| Amount per serving | |
| Calories | 120 |
| % Daily Value* | |
| Total Fat 3.5g | 4% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber 3g | 11% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 30mg | 2% |
| Iron 0.7mg | 4% |
| Potassium 120mg | 2% |
| Folate 200mcg DFE | 50% |
| (120mcg folic acid) | |

* 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 Folate is shown as a %DV

2 Folic acid is shown in mcg in parentheses and is important for women of childbearing age

Two Bean Chili



Makes: 4 Servings

Total Cost: \$\$\$\$

This no-fuss chili is a great way to use ground beef and beans to make a tasty main dish. Chili can be served by itself, with crackers, cooked rice, or baked potato.

Ingredients

- 1/2 pound ground beef
- 1/2 can (about 8 ounces) low-sodium kidney beans, drained
- 1/2 can (about 8 ounces) low-sodium vegetarian beans
- 1/2 cup onion, diced
- 1 teaspoon chili powder
- 2 1/2 cups low-sodium tomato juice
- 1/4 teaspoon pepper

Directions

1. In a medium-size pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain fat.