

2. Add kidney beans, vegetarian beans, onions, chili powder, tomato juice, and pepper.
3. Cook over low heat for about 40 minutes. Serve hot.

Notes

Tip for cooking with ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

Tip: USDA Foods macaroni products such as spaghetti, rotini, and macaroni are great additions to chili.

Source:

A Harvest of Recipes with USDA Foods

USDA Food Distribution Program on Indian Reservations

What foods provide folate? (Continued)

You also get folate by eating foods fortified with folic acid. Folic acid is a form of folate that can be added to foods during the manufacturing process. Foods that are fortified with folic acid include: enriched breads, flours, pastas, rice, and cornmeal; fortified corn masa flour (used to make corn tortillas and tamales, for example); and certain fortified breakfast cereals. Folic acid is also found in certain dietary supplements.



Enriched breads



Enriched flours



Enriched pastas



Enriched rice



Enriched cornmeal



Fortified corn masa flour



Fortified breakfast cereals

How much folate do I need?

The amount of folate you need depends on your age, but most adults can rely on the Daily Value (DV) to find out how much folate to consume. The Daily Values (DV) are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day. For folate, the DV is 400 micrograms (mcg) of dietary folate equivalents (DFE). However, individuals who are pregnant should consume 600 mcg DFE daily, and individuals who are breastfeeding should consume 500 mcg DFE daily.

Why is folate especially important for individuals who can become pregnant?

Folate is important for lowering the risk of serious problems that occur during pregnancy that can affect the baby's brain (anencephaly) and spine (spina bifida). Therefore, all individuals who could become pregnant should consume 400 mcg of folic acid daily either from fortified foods (such as enriched breads, flours, pastas, rice, cornmeal, corn masa flour, and certain breakfast cereals), dietary supplements, or a combination of the two, in addition to the folate they get from following a healthy eating pattern.

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

USE THE NUTRITION FACTS LABEL TO MAKE HEALTHY CHOICES: 3 TIPS



Check the Servings.

1

The nutrition information listed on the label is usually based on one serving of the food. When comparing calories and nutrients in different foods, check the serving size to make a correct comparison.

And remember, it is common for a food package or beverage to have more than one serving.

Know Your Calorie Needs.

2

2,000 calories a day is used as a general guide for nutrition advice. However, your calorie needs may be higher or lower and depend on your age, sex, height, weight, and the amount of physical activity you get each day. Talk to your healthcare provider about your calorie and nutrition needs, as you age.

Visit www.ChooseMyPlate.gov/MyPlatePlan and talk to your healthcare provider to see what calorie range is right for you.

Use % Daily Value as a Guide.

3

The %DV can help you look for foods to decide which is the better choice for you.

Older adults should more often look for foods with a higher %DV of dietary fiber, vitamin D, calcium, and potassium. Older adults should also more often look for foods with a lower %DV of saturated fat, sodium, and added sugars. Talk to your healthcare provider about which nutrients you should track closely for your overall health.

To learn more about the Nutrition Facts label, go to: www.fda.gov/nutritioneducation

For more information, contact the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition's Food and Cosmetic Information Center at 1-800-SAFEFOOD (toll free), Monday through Friday 10 AM to 4PM ET (except Thursdays from 12:30 PM to 1:30 PM ET and Federal holidays).



GET MORE OF THESE NUTRIENTS: **Dietary Fiber, Vitamin D, Calcium, and Potassium**

Many older adults do not get the recommended amount of these nutrients. More often, compare and choose foods to get more of these nutrients on most days.

Dietary fiber is a type of carbohydrate that cannot be easily digested. It can speed up the movement of food and waste through the body increasing the frequency of bowel movements. Diets higher in dietary fiber may reduce the risk of developing cardiovascular disease.

The Daily Value for dietary fiber is 28 grams (g) per day.*

Calcium is a mineral that is important for bone health. It also helps with muscle and nerve function, blood clotting, and hormone secretion. Diets higher in calcium can reduce the risk of developing osteoporosis (weak and brittle bones).

The Daily Value for calcium is 1,300 milligrams (mg) per day.*

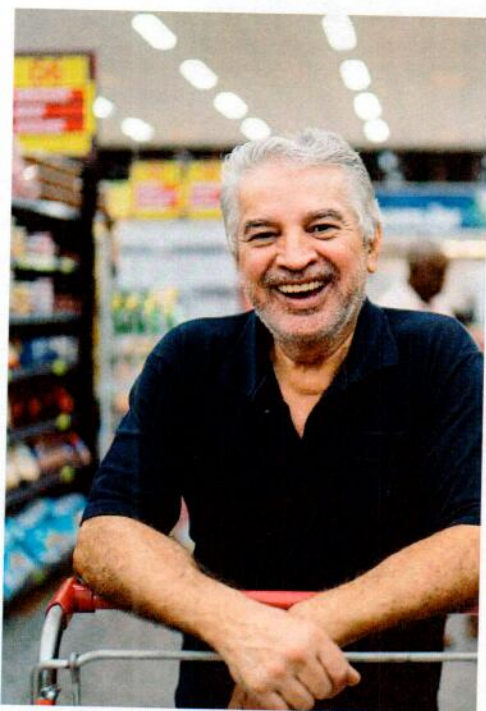
Vitamin D helps your body absorb calcium and is important for bone health. It also plays a role in blood pressure management, hormone production, and immune and nervous system function. Diets higher in vitamin D can reduce the risk of developing osteoporosis (weak and brittle bones).

The Daily Value for vitamin D is 20 micrograms (mcg) per day.*

Potassium is a mineral that helps with fluid balance and heart, muscle, and nervous system function.

The Daily Value for potassium is 4,700 mg per day.*

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



UNDERSTANDING THE NUTRITION FACTS LABEL

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.

Use the %DV to determine if a serving of the food is high or low in an individual nutrient. You can also use the %DV to compare food products (make sure the serving size is the same). For example, if you eat one serving of a food and it provides 10% DV of dietary fiber, then for that day, you have eaten 10% of your dietary fiber daily goal.

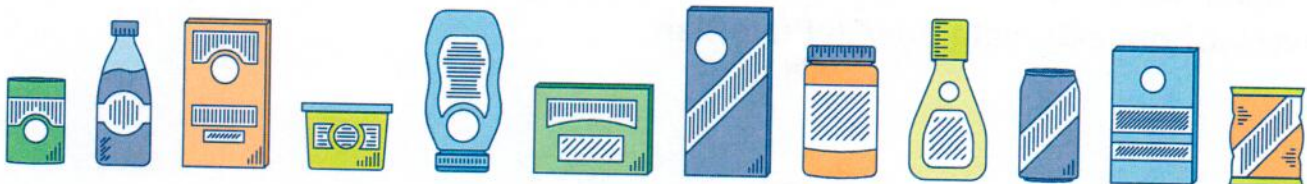
As a general guide:



5% DV or less of a nutrient per serving is considered **low**



20% DV or more of a nutrient per serving is considered **high**



UNDERSTANDING THE NUTRITION FACTS LABEL



Servings Per Container



Calories



Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Serving Size

Amount per serving
Calories 240

% Daily Value (%DV)

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
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.