Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

Nutrition Facts Serving Size 1 cup (228g) Serving Per Container 2 Amount Per Serving Calories 250 Calories from Fat 110 % Daily Values* Total Fat 12g Saturated Fat 3g 15% Trans Fat 1.5g Cholesterol 30mg 10% Sodium 470mg Total Carbohydrate 31g 10% Dietary Fiber 0g Sugars 5g Protein 5g Vitamin A Vitamin C 2% Calcium 20% 4% *Percent Daily Values are based on a 2,000 calorie diet Your Daily Values may be higher or lower depending or your calorie needs:

Less than

Less than

300mg

2,400mg 2,400mg 300g 375g **Check servings and calories**. Look at the serving size and how many servings you are actually consuming.

Make your calories count. Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating.

Don't sugarcoat it. Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients.

Know your fats. Look for foods low in saturated fats, trans fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories.

Reduce sodium (salt). Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure.



Total Fat

Cholesterol

Total Carbohydrate

Information and Assistance for Older Adults

1-800-510-2020 1-714-567-7500



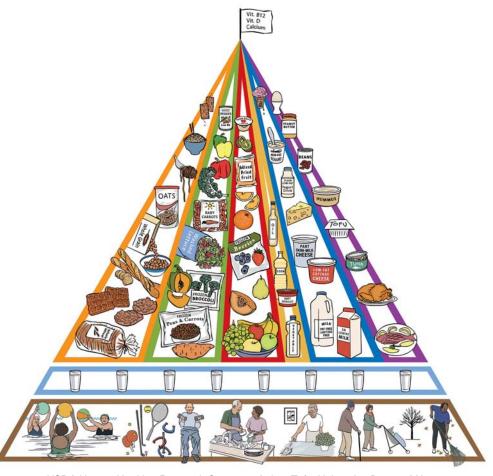
MyPyramid for Older Adults

Developed by Tufts University



Compliments of the County of Orange
Office on Aging

Modified MyPyramid for Older Adults



USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA

How to read the pyramid

- The sections on the bottom are the most important
- The wider the section, the more foods you should eat from that food group
- Incorporate fiber-rich foods from all food groups
- Remember to limit foods high in sugar, salt, and trans fats

What does each section mean?

Brown: Physical activities appropriate for healthy older adults

Light Blue: Remember to drink enough fluids throughout the day; limit caffeinated drinks

Orange: Incorporate more "whole" grains into your diet

Green/Red: Eat a variety of nutrient-rich fruits and vegetables (fresh, frozen, canned)

Yellow: Use oils low in saturated fats and no trans fats

Blue: Choose low-fat and non-fat dairy

Purple: Eat lean meats and poultry, fish, beans, and

nuts

Flag: Taking supplements (calcium, vitamin D, vitamin

B-12) may be beneficial for some seniors