

## CSFP Newsletter

*Nutrition Information, Recipes and Resources for Minnesota Seniors*

**WINTER 2023**



### Understanding the Nutrition Facts Label

The Nutrition Facts Label, created by the U.S. Food and Drug Administration (FDA) is a useful tool to help make informed food choices that can have positive effects on overall health and wellness. The nutrition facts label is found on packaged foods and beverages.

Key words on the label that can make it easier to make informed food choices.

**Servings Per Container:** Is the total number of servings in the whole container. Remember that one package of food can contain more than one serving.

**Serving Size:** Is based on the amount of food that is eaten at one time. This is not a recommendation of how much you should eat. Some food packages have nutrition information if the entire container is eaten.

**Calories:** Refers to the total number of calories in a serving. In order to achieve a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses. A guide for nutrition advice listed on the label is 2,000 calories per day. Daily calorie needs will vary for each individual person.

Interested in what your own daily caloric needs are? Visit [ChooseMyPlate.gov/MyPlatePlan](https://www.choosemyplate.gov/MyPlatePlan) ([www.choosemyplate.gov/MyPlatePlan](https://www.choosemyplate.gov/MyPlatePlan)).

**% Daily Value (%DV):** Is how much a nutrient in a serving of the food contributes to a total daily diet. These are listed in amounts of grams, milligrams or micrograms of the nutrients to eat or not to overeat in a day. The following percentages are explained below:

**5% DV or less:** Means a nutrient per serving is low.

**20% DV or more:** Means a nutrient per serving is high.

## Example of a Nutrition Facts Label:

Servings Per Container	4 servings per container	Serving Size	1 1/2 cup (208g)
Calories	Amount per serving <b>Calories 240</b>		
	% Daily Value*		
	<b>Total Fat</b> 4g		<b>5%</b>
	Saturated Fat 1.5g		<b>8%</b>
	Trans Fat 0g		
	<b>Cholesterol</b> 5mg		<b>2%</b>
	<b>Sodium</b> 430mg		<b>19%</b>
	<b>Total Carbohydrate</b> 46g		<b>17%</b>
	Dietary Fiber 7g		<b>25%</b>
	Total Sugars 4g		
	Includes 2g Added Sugars		<b>4%</b>
	<b>Protein</b> 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.

## What Nutrients You Need More (Or Less) Of:

**Dietary Fiber, Calcium, Potassium and Vitamin D:** Many older adults are not getting the recommended amount of these nutrients. Shop, compare and then choose foods to get more of these nutrients each day. For example, based on a 2,000 calorie diet per day, the Daily Value for dietary fiber (which helps move food through the digestive system) is 28 grams per day; for calcium (essential for bone health, nerve, muscle and blood clotting functions), the Daily Value is 1,300 milligrams per day; for Vitamin D, (helps to absorb calcium), 20 micrograms are the Daily Value; for potassium (essential for fluid balance and heart function) the Daily Value is 4,700 mg.

**Saturated Fat, Sodium and Added Sugars:** **Saturated fat** can be found in higher amounts in animals; however, chunk light tuna and salmon, found in the CSFP food package, are generally low in saturated fat. The Daily Value for saturated fat is no more than 20g. The body does need **sodium**, but

in small amounts. It is essential for fluid balance in the cells and helps the muscle and nervous system function properly.

**Added Sugars:** Required to be put on the Nutrition Facts Label for most food manufacturers by January 1, 2021. The added sugars portion of the label is indented and provides the amount of sugar that has been *added* to a food or beverage during production. The “added sugar” amount is included in the “Total Sugars” and contains a Daily Value. Remember, the amounts listed on the label are based on a 2,000 calorie per day diet.

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To obtain this information in a different format, call:  
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**References:** FDA. (2020). How to Understand and Use the Nutrition Facts Label. *FDA*. [How to Understand and Use the Nutrition Facts Label \(www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label\)](https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label); Nutrition, C. for F. S. and A. (2020). Added Sugars on the New Nutrition Facts Label. *FDA*. [Added Sugars on the New Nutrition Facts Label \(www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label\)](https://www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label); *Added Sugars and Heart Health - Today's Dietitian Magazine*. (n.d.). [Today's Dietitian \(www.todaysdietitian.com\)](https://www.todaysdietitian.com). Retrieved December 26, 2022, from *Added Sugars and Heart Health*.

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