

Reading Nutrition Labels:

A How-To Guide for Older Adults

Good nutrition is important at all stages of life, but it can become particularly critical as we age. This guide will help you and your loved one better understand the nutrition labels found on packaged foods and can help you make the right choices in the supermarket!

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat 120**

% Daily Value*

Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Serving Size: The serving size shows how many servings are in the package and how big the serving is. All information on the label is based on an individual serving of food. Remember that a package of food often contains more than one serving.

Calories: The calories listed are for one serving of that food. “Calories from fat” shows how many calories are from fat in one serving of food. Remember a food that is fat free isn’t calorie free!

Percent (%) Daily Value: The Percent (%) Daily Value tells you how the nutrients in one serving of the food contribute to your loved one’s total diet. Use it to help your loved one choose foods that are high in the nutrients needed and low in the in the nutrients that should be avoided.

Limit These Nutrients: Eating too much total fat, cholesterol or sodium may put your loved one at greater risk for certain chronic diseases, including some cancers, heart disease or high blood pressure. Encourage your loved one to limit these nutrients as much as possible.

Eat Plenty of These Nutrients: Get adequate amounts of these nutrients. These nutrients are an important way of keeping your loved one feeling strong and healthy. Encourage your loved one to eat as much of these nutrients as possible.

3 Key Things to Remember:



Important Nutrients:
There are some nutrients that are especially important for older adults. Look for foods that offer calcium, dietary fiber, potassium, vitamin A and vitamin C. Foods that should be avoided or limited are those that skew highly in total fat (especially saturated fat), cholesterol and sodium.



Serving Size:
It is very common for food packages to contain more than one serving. Make sure you consider the serving sizes when calculating the nutritional content.



Percent (%) Daily Value:
Some rules of thumb include, if a food has 5% or less of the %DV, then it is low in that nutrient. If it has 20% or more, it is high in that nutrient.

