

What's on the Nutrition Facts Label?

The Nutrition Facts label found on packaged foods and beverages is your daily tool for making informed food choices that contribute to lifelong healthy eating habits.

1. Serving Size

This section is the basis for determining the number of calories, amount of each nutrient, and percent Daily Value (%DV) of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams. The serving size reflects the amount people typically eat and drink today. It is not a recommendation of how much to eat.

2. Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The key is to balance how many calories you eat with how many calories your body uses.

3. Nutrients

You can use the label to support your personal dietary needs—look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.

- **Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.** The recommended goal is to consume at least 100% Daily Value for each of these nutrients each day.
- **Nutrients to get less of: Saturated Fat, Sodium, and Added Sugars.** The recommended goal is to stay below 100% Daily Value for each of these nutrients each day.



| Nutrition Facts | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| | % Daily Value* |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| 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. | |

4. Percent Daily Value

This section tells you whether the nutrients (ex: saturated fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet: **5% DV or less is low and 20% DV or more is high.**

5. Footnote

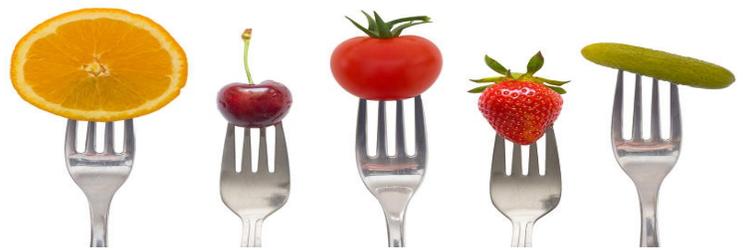
The footnote explains that the % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

~Adapted from the U.S. Food & Drug Administration

Wisconsin Fall Produce:

How many of the following options will you be putting on your plate this season?

| | | |
|------------------|----------------|----------------|
| Apples | Cranberries | Pumpkin |
| Arugula | Cucumbers | Radicchio |
| Asian Pears | Eggplant | Radishes |
| Basil | Endive | Raspberries |
| Beets | Green Beans | Rosemary |
| Bok Choy | Green Onions | Rutabaga |
| Broccoli | Horseradish | Sage |
| Brussels Sprouts | Kale | Shallots |
| Cabbage | Kohlrabi | Shell Beans |
| Cantaloupe | Leeks | Sorrel |
| Carrots | Lima Beans | Spinach |
| Cauliflower | Mint | Summer Squash |
| Celery | Mushrooms | Sweet Potatoes |
| Celery Root | Mustard Greens | Thyme |
| Chard | Okra | Tomatillos |
| Chicories | Oregano | Tomatoes |
| Chili Peppers | Parsnips | Turnips |
| Chives | Pears | Watermelon |
| Cilantro | Peppers | Winter |
| Collard Greens | Plums | Squash |
| Corn | Potatoes | Zucchini |



Free Nutrition Counseling

Personal nutrition counseling is offered to adults age 60+ looking for information on ways to improve their overall health. Any nutrition-related questions or concerns can be discussed. Common topics include (but are not limited to): prediabetes and diabetic diets, newly prescribed eating plans, food interactions with medication, severe weight loss, heart healthy diet, difficulties chewing or swallowing, poor appetite, constipation, acid reflux, cooking for 1 or 2, and basic older adult nutrition. Appointments are offered virtually via Zoom, phone, or in-person. To learn more about this *free* community resource or to schedule an appointment, contact Shannon (*below*).

Adults age 60+ should aim for 2 cups of vegetables and 1.5 cups of fruit per day. The Dane County Senior Nutrition Program meal provides you with at least 1.5 cups. That's a great start to that goal!



Most of the above fruits, vegetables, and herbs can be found at your local farmers' markets in Dane County.

Many markets stay open through October and some even switch to an indoor location. Just ask your farmers!

Don't forget to use up your 2021 Senior Farmers' Market Vouchers by October 31.

We are continuing to distribute vouchers to those that haven't received any on a first come, first serve basis until September 30. Call Shannon at 261-5678 for more information.

"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."

October: Fire Safety Month

Whether you'll be cooking in the kitchen, hosting guests or enjoying the warmth of your home while the leaves start to fall, make sure to test your fire alarms every month (ask someone to help if you have balance concerns). Push the test button on the alarm and if it doesn't make a loud noise, the alarm needs new batteries or needs to be replaced. If your smoke alarm starts "chirping," the battery is running low and should be replaced.



Nutrition News

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<https://aaa.dcdhs.com/nutrition.aspx>