



HEALTHY AGING

An Educational Series on Nutrition for Health & Longevity

A guide to your well-being

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In This Series



TOPIC: HOW TO USE THE NUTRITION FACTS LABEL

- Understanding the Nutrition Facts Label
- Nutrients and Your Aging Needs
- Use the Nutrition Facts Label to Make Healthy Choices: 3 Tips
- Recipe: Easy Canned Salmon Salad

HEALTHY AGING

WITH YOUR REGISTERED DIETITIAN, JENNA APPEL

UNDERSTANDING THE NUTRITION FACTS LABEL

Nutrition Facts	
Servings Per Container →	4 servings per container
	Serving size 1 1/2 cup (208g) ← Serving Size
Calories →	Amount per serving
	Calories 240
	% Daily Value* ← % Daily Value (%DV)
	Total Fat 4g 5%
	Saturated Fat 1.5g 8%
	Trans 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%
	<small>* 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.</small>

Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the Nutrition Facts label and you can find it on packaged foods and beverages.

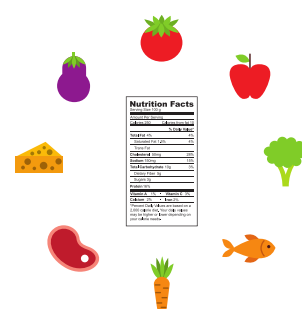
The following key terms are intended to make it easier for you to use the Nutrition Facts labels to make informed choices.

Servings Per Container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving. For example, if you eat or drink two servings, you are getting double the calories and double the nutrients that are listed on the label.

Serving Size is based on the amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have nutrition information listed for the entire package.

Calories refers to the total number of calories in a serving of the food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level.

% 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 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).



NUTRIENTS AND YOUR AGING NEEDS

Eating too much or too little of some nutrients may increase your risk of certain chronic diseases, such as heart disease and high blood pressure. Older adults have different nutritional needs than other age groups.



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.

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).

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).

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



Get Less of These Nutrients: Saturated Fat, Sodium, and Added Sugars

Most older adults get too much of these nutrients. More often, compare and choose foods to get less of these nutrients.

Saturated fat is found in higher amounts in animal products. An exception is seafood, which is generally low in saturated fat. Unsaturated fats are found in higher amounts in plant-based oils (e.g., canola and olive oils), nuts, seeds, and seafood. Diets in which unsaturated fats are eaten in place of saturated fats and within the recommended daily limits for calories, are associated with a reduced risk of developing cardiovascular disease.

Sodium is a mineral and is commonly found in table salt and in many commercially processed, packaged and prepared foods. The body needs sodium in relatively small amounts. Sodium is important for fluid balance as well as muscle and nervous system function. Diets higher in sodium are associated with an increased risk of developing high blood pressure, which can raise the risk of heart attacks, heart failure, stroke, kidney disease, and blindness. Since blood pressure often rises with age, limiting your sodium intake becomes even more important each year.

Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Diets high in calories from added sugars can make it harder to meet nutrient needs while staying within calorie limits.

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

1

Check the Servings.

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.

2

Know Your Calorie Needs.

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.

3

Use % Daily Value as a Guide.

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.

Nutrition Facts

Serving Size 1/2 cup	
Amount Per Serving	
Calories	Calories From Fat
Total Fat	% Daily Value*
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	

*Percent Daily values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.



EASY CANNED SALMON SALAD

INGREDIENTS

- 7.5 oz canned salmon
- ¼ teaspoon black pepper
- ¼ cup avocado oil mayonnaise
- 2 teaspoons Dijon mustard
- ½ teaspoon hot pepper sauce (optional)
- 1 tablespoon capers
- ¼ cup thinly sliced scallions green part

SERVINGS: 2

PREP TIME: 15 MINS

TOTAL TIME: 15 MINS

DIRECTIONS

1. *Drain the salmon.*
2. *Transfer drained salmon to a small bowl. Flake with a fork.*
3. *Add the black pepper, mayonnaise, Dijon mustard, and (if using) hot pepper sauce. Mix well.*
4. *Mix in the capers and scallions..*

INTERESTED IN ONE-ON-ONE COACHING TO ASSIST IN ACHIEVING YOUR OPTIMAL HEALTH?



Changing your lifelong behaviors is hard to do alone! For additional support on your healthy aging journey, schedule a private consultation with Registered Dietitian and Certified Diabetes Educator, Jenna Appel.

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