

Health & Wellness



October
2024
Issue 1

Food Labels

This month's health and wellness education is all about food labels. We'll provide information on how to read the Nutrition Facts, how to get the right nutrients in your daily diet, determine % Daily Value, and more!



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's new Health & Wellness Newsletter!

Every month, we will provide you with a new topic relating to wellness as well as brain teasers, seasonal recipes, book recommendations, and more!



Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council

Health & Wellness Education

FOOD LABELS

Introduction

Knowing how to read and use a label is the cornerstone of good nutrition but how do we do it and what are we looking for?

Labels can be confusing and the information they contain changes from time to time.

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*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.

It is mandatory for food companies to include a nutrition information label on each product with the only exception being small batch production or fresh fruits and vegetables.

Understanding and knowing how to read labels makes shopping and identifying the best food choices much easier.

Let's look at a label and identify some key parts!

READING A

FOOD

LABEL

Nutrition Facts
4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

% Daily Value*

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Callouts: 1 points to 'Serving size 1 cup (227g)'; 2 points to 'Calories 280'; 3 points to 'Total Carbohydrate 34g'; 4 points to 'Protein 15g'.

1 - SERVING SIZE

Let's first take a look at the number of servings in a package (**servings per container**) and the **serving size**. Serving sizes are standardized and they are provided in familiar units (cups or pieces), followed by the metric amount (the number of grams). The **serving size** reflects the **amount that people typically eat or drink** - it is **not a recommendation** of how much you should eat or drink. Always look at the serving size, especially how many servings there are in the food package.

In the sample label, **one serving** of lasagna equals **1 cup**. If you ate **two cups**, you would be consuming **two servings**. You would need to **double** the **nutrient** and **calorie** amounts to see what you are getting in two servings.

2 - CALORIES

Calories provide a measure of how much energy you get from a serving of food. In the example, there are **280 calories** in **one serving** of lasagna.

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.

Calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level.

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READING A

FOOD

LABEL

3 - NUTRIENTS

Looking at section 3 in the sample label, it shows you some **key 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 less of: Saturated Fat, Sodium, and Added Sugars.

Eating too much saturated fat and sodium, for example, is associated with an increased risk of developing cardiovascular disease and high blood pressure.

Consuming too much added sugars can make it hard to meet important nutrient needs while staying within calorie limits.

Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.

Eating a diet high in dietary fiber can increase the frequency of bowel movements, lower blood glucose and cholesterol levels, and reduce calorie intake.

Diets higher in vitamin D, calcium, iron, and potassium can reduce the risk of developing osteoporosis, anemia, and high blood pressure.

TOTAL SUGAR

VS

ADDED SUGAR

Total Sugars on the Nutrition Facts label includes **sugars naturally present** in many nutritious foods and beverages.

For example, there is natural sugar in milk and fruit as well as any added sugars that may be present in the product.

No Daily Reference Value has been established for total sugars because no recommendation has been made for the total amount of sugar to eat in a day.

Added Sugars on the Nutrition Facts label 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 **syrops and honey**, and sugars from **concentrated fruit or vegetable juices**.

Diets high in **calories from added sugars** can make it difficult to meet daily recommended levels of important nutrients.

Having the word “includes” before Added Sugars on the label indicates that Added Sugars are included in the number of grams of Total Sugars in the product.

For example, a container of yogurt with added sweeteners, might list:

Total Sugars on Sample Label

This means that the product has 7 grams of **Added Sugars** and 8 grams of **naturally occurring sugars** – for a total of **15 grams of sugar**

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READING A

FOOD

LABEL

4 - % DAILY VALUE

The % Daily Value (**%DV**) is the percentage of the Daily Value for **each nutrient** in a serving of the food. The Daily Values are reference amounts (expressed in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.

The %DV:

- Shows how much a nutrient in a serving of a food contributes to a total daily diet
- Helps you determine if a serving of food is high or low in a nutrient

Do you need to know how to calculate percentages to use the %DV?

No, because the label (the %DV) does the math for you!

It helps you interpret the **nutrient numbers** (grams, milligrams, or micrograms) by putting them all on the same scale for the day (0-100%DV). The %DV column doesn't add up vertically to 100%. Instead, the %DV is the percentage of the Daily Value for each nutrient in a serving of the food. It can tell you if a serving of food is high or low in a nutrient and whether a serving of the food contributes a lot, or a little, to your daily diet for each nutrient.

GENERAL GUIDE TO %DAILY VALUE

5% DV or less of a nutrient per serving is considered **low**

20% DV or more of a nutrient per serving is considered **high**

More often, choose foods that are:

Higher in %DV for

Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium

Lower in %DV for

Saturated Fat, Sodium, and Added Sugars

Upper Limit - Eat "Less than"

Upper limit means it is recommended that you **stay below** or eat "less than" the **Daily Value nutrient** amounts listed per day.

For example, the DV for saturated fat is 20g. This amount is 100% DV for this nutrient.

What is the goal or dietary advice?
To eat "less than" 20 g or 100%DV each day.

Lower Limit - Eat "At least"

The DV for dietary fiber is 28g, which is 100% DV.

This means it is recommended that you eat "at least" this amount of dietary fiber on most days.

WRAP UP

The nutrition label is a great tool to help you meet nutritional goals.

Understanding and using labels is a simple way to ensure that you are getting the right amount of each nutrient for your specific health needs.

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

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

WORD SEARCH

I D H S W K X N Z P E O L F D
O N I Q A S C A L O R I E S E
G V U E M T I I C F N X D A Q
I R H T T E U W E K O O S D U
S R C T R A B R N I E L C D G
E M C L O I R D A Z F H U E R
R I P A S T T Y Q T N E P D A
V C I B C F A I N Q E W S S M
I R E E W I S L O E H D Y U S
N O C L B P K I S N E K F G N
G G E N R G Y I B U F D N A A
S R S G K W W D P V G A S R T
I A W K K F G N B H D A C S L
Z M G H E P A X I L F M R T D
E S N U T R I E N T S X M X S

WORD BANK



Nutrition Facts

Saturated Fat

Added Sugars

Cups

Dietary Needs

Serving Size

Micrograms

Total Sugar

Nutrients

Calories

Pieces

Label

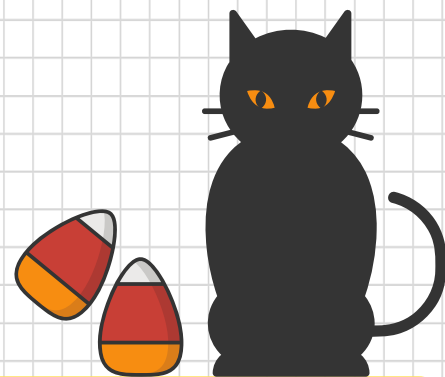
Grams

BRAIN BOOSTERS

SUDOKU

2		5			7			6
4			9	6			2	
				8			4	5
9	8			7	4			
5	7		8		2		6	9
			6	3			5	7
7	5			2				
	6			5	1			2
3			4			5		8

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.



RIDDLE OF THE MONTH

I am always hungry and must be fed. If I lick your finger it's sure to turn red.

What am I?





October Recipe: Easy Apple Pie



Ingredients:

- 1 (14.1 ounce) package pastry for a 9 inch double-crust pie
- 3/4 cup white sugar or more to taste
- 1 teaspoon ground cinnamon
- 6 cups thinly sliced apples
- 1 tablespoon butter

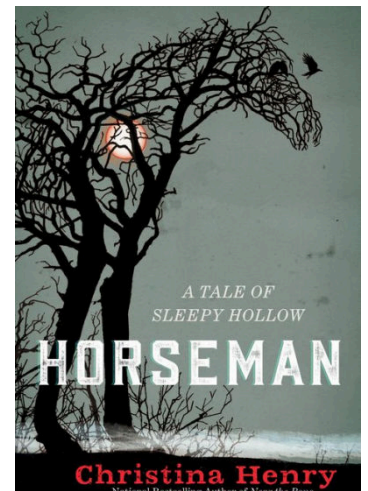
Directions:

1. Preheat oven to 450 degrees F
2. Line a 9 inch pie dish with one pastry crust; set second one aside
3. Combine 3/4 cup sugar and cinnamon in a small bowl.
4. Layer apple slices in the prepared pie dish, sprinkling each layer with cinnamon-sugar mixture
5. Dot top layer of apples with small pieces of butter. Cover with top crust.
6. Bake pie on the lowest rack of the preheated oven for 10 minutes.
7. Reduce oven temperature to 350 degrees F and continue baking until crust is golden brown and the pie filling bubbles, 30 to 35 minutes.
8. Serve warm or cold

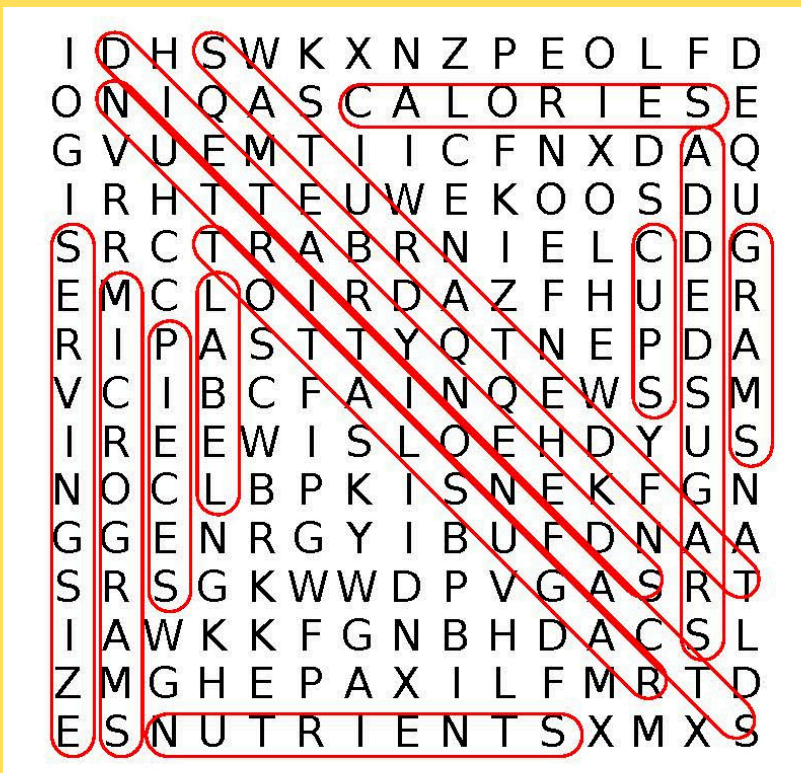
Book Pick of the Month

Horseman: A Tale of Sleepy Hollow by Christina Henry

“In this atmospheric, terrifying novel that draws strongly from The Legend of Sleepy Hollow, the author of Alice and The Girl in Red works her trademark magic, spinning an engaging and frightening new story from a classic tale.”



ANSWER KEY



2	3	5	1	4	7	9	8	6
4	1	8	9	6	5	7	2	3
6	9	7	2	8	3	1	4	5
9	8	6	5	7	4	2	3	1
5	7	3	8	1	2	4	6	9
1	4	2	6	3	9	8	5	7
7	5	9	3	2	8	6	1	4
8	6	4	7	5	1	3	9	2
3	2	1	4	9	6	5	7	8

Riddle Answer:

I am always hungry and must be fed. If I lick your finger it's sure to turn red. What am I?

Answer: A fire





DuPage Senior
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From the Council

News & Events

Elgin Township Community Dining Closed in October

Our Community Dining at the Elgin Township location will be closed starting October 14th due to the site being used as a polling location for the 2024 Elections. Dining will resume on November 18th.

Elgin seniors can still enjoy Community Dining at our site located at Elgin Senior Services Associates at 101 S. Grove Ave on Mondays at 11:30 am. Any interested diners can call 630-812-6763 to RSVP.

Community Dining “Monster Mash” Halloween Party

October 15, 2024 from 11am-12pm

Downers Grove Township
Senior Center

4341 Saratoga Avenue
Downers Grove, IL 60515

Call (630) 642-8517 to RSVP





**DuPage Senior
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