

**You might see one of three types of product dates on the foods you buy:**

- **Sell by:** tells you how long the store can sell foods like meat, poultry, eggs, or milk products. Buy them before this date.
- **Use by:** tells you how long the food will be at peak quality. If you buy or use them after that date, some foods might not be safe any longer.
- **Best if used by:** tells you how long the food has the best flavor or quality. It is not a purchase or safety date.

## READING A NUTRITION LABEL

**Ingredients List:** Ingredients in processed food are listed on the label from largest to smallest amount. That is, there's more of the first ingredient listed than any other ingredient.

**Nutrition Facts Label:** At the top of the nutrition facts label, you'll find how much is considered one serving of that food or drink and the number of servings in the container. All of the nutrition information on the label is for one serving.

**Daily Value (DV):** This is how much of each nutrient most people need each day. The % DV says what part (as a percent) of the total daily recommendation for a nutrient is in a serving based on eating a 2,000 calories each day.

<b>Nutrition Facts</b>		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 croissant (57g)		<b>Total Fat</b> 8g	<b>12%</b>	<b>Total Carb.</b> 24g	<b>8%</b>
Serv. Per Cont. 144		Sat. Fat 3g	<b>16%</b>	Fiber 1g	<b>3%</b>
<b>Calories</b> 190		<i>Trans</i> Fat 1.5g		Sugars 3g	
Fat Cal. 70		<b>Cholest.</b> 10mg	<b>4%</b>	<b>Protein</b> 4g	
		<b>Sodium</b> 290mg	<b>12%</b>		
		*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 4% • Vitamin C 2% • Calcium 6% • Iron 8%			

**INGREDIENTS:** Enriched Wheat Flour(Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed Oils, Soybean Oil, Soybean Lecithin with Mono- and Diglycerides, Vitamin A Palmitate), Butter, Sugar, Contains 2% or less of: Leavening(Yeast, Baking Powder [Sodium Bicarbonate, Cornstarch, Sodium Aluminum Phosphate, Calcium Sulfate, Monocalcium Phosphate]), Non-Fat Dry Milk, Salt, Dough Conditioner (Wheat Flour, DATEM, Dextrose, Soybean Oil, Ascorbic Acid, L-Cysteine, Azodicarbonamide(ADA), Calcium Stearoyl-2 Lactylate, Enzymes), Eggs, Artificial Flavor, Preservatives(Calcium Propionate, Potassium Sorbate, Citric Acid).

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

## WHAT SHOULD I EAT?

Eating healthy is important for people of all ages. Your food choices, no matter your age, will make a huge impact on your health and how you feel.

Eating healthy helps provide your bones, muscles, organs and other parts of your body the nutrients they need to be strong.

Eating healthy is a key step in preventing falls.

<b>Grains:</b>	6 ounces
<b>Vegetables:</b>	2 ½ cups
<b>Fruits:</b>	2 cups
<b>Protein:</b>	5 ½ ounces
<b>Seafood:</b>	8 ounces week
<b>Meat, poultry, eggs:</b>	26 ounces week
<b>Nuts, seeds, soy:</b>	4 ounces week
<b>Dairy products:</b>	3 cups
<b>Oils:</b>	27 grams
<b>Solid fats &amp; sugars:</b>	258 calories

BASED ON 2,000 CALORIE DIET