

## March is National Nutrition Month

*From the desk of Matt Frantz, Dietetic Intern*

### A Quick Guide to Reading the Nutrition Facts Label

Start with the **Serving Size** – the amount for one serving and the number of servings in the package. Compare your portion size (the amount you eat) to the serving size listed on the panel.

**Let the Percent Daily Values Be Your Guide:** use the percent Daily Values (%DV) to help evaluate how a particular food fits into your meal plan. Daily Values are average levels of nutrients for a person eating 2,000 calories a day. Percent DV are for the entire day, not just one meal or snack.

#### The Highs and Lows of Daily Values:

**5% or less** is low-Reduce your intake of fat, saturated fat, trans fat, cholesterol, and sodium

**20% or more** is high-Increase your intake of vitamins, minerals, and fiber

**Limit Fat, Cholesterol, and Sodium** - may reduce your risk for heart disease, high blood pressure, and cancer.

**Total Fat** limit the amount of fat you eat

**Saturated/Trans Fat** are linked to increased risk of heart disease. Eat less of these.

**Cholesterol**- Eating less cholesterol can help heart health

**Sodium**- Eating too much sodium raises blood pressure.

Aim for less than 2,300 mg of sodium per day.

#### Get Enough Vitamins, Minerals, and Fiber

Eat more fiber, vitamins A and C, calcium, and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia. Choose more fruits and vegetables to get more of these nutrients.

**Protein**- Most Americans eat enough protein, so a percent DV is not required. Needed for healthy bones, muscles, cartilage, skin, and blood. Eat moderate portions of lean meat, poultry, fish, low-fat milk, yogurt and cheese, beans, peanut butter, nuts, and soy products.

Adapted from the Academy of Nutrition and Dietetics, 2015

Available at <http://www.eatright.org>

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		
% Daily Value*			
Total Fat 12g	18%		
Saturated Fat 3g	15%		
Trans Fat 1.5g			
Cholesterol 30mg	10%		
Sodium 470mg	20%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 5g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	20%		
Iron	4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

#### FACTS ABOUT NUTRITION AND MOBILE MEALS

The focus of this month's newsletter is nutrition facts. It is a fact that Mobile Meals provides 2,500 meals and supplements to our clients every day. The children and adults we serve range in age from 7 months to 110 years of age. Ninety-six percent of our clients live on less than \$23,340 per year (200 % of poverty). A gift from your heart will help ease the financial burdens of some of the most fragile and vulnerable people in our communities and send the comforting message that people truly care. Your gift of \$27.00 pays for nine meals for someone who cannot pay. Whatever you can give will help. It's simple. Just place your gift in the envelope you received.

Thank you!

*Phil Marcin*

Vice President of Development

**Questions?** If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email [lharvey@mobilemealsinc.org](mailto:lharvey@mobilemealsinc.org).

#### GRIEVANCE POLICY

In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.