

Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS
PINELLAS COUNTY

August 2021

Brought to you by your
Licensed Dietitian Nutritionist

Nutrition Facts Label

Reading the Nutrition Facts Label can help you manage and reduce the risk of your health conditions. It provides the nutrient contents in detail. The Nutrition Facts Label recently changed to make it easier to understand. Let's review it.

The label is based on one serving size of that package unless it states for the entire package.

1 - Servings Per Container: states how many servings are in the entire package.

2 - Serving Size: Suggested amount typically eaten in one sitting.

3 - Calories: states the total amount of calories per serving.

4 - Nutrient List: list of key nutrients like that impact health. Your doctor may suggest you watch your fat, sodium, carbohydrate, added sugar, or protein intake.

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	

It's Hurricane Season

Call 727-456-0222 ext-2241 for our operational status during a major storm. Keep your hurricane (shelf-stable) box until December 1 if we have to cancel deliveries

August is National Wellness Month

Wellness month is about focusing on self-care, managing stress, and promoting healthy routines. There are some great ways to promote wellness, like healthy nutrition, yoga, and Tai Chi. What will you try?



Want more information about Nutrition Facts Labels?
Call 727-573-9444 to speak with your licensed dietitian.

Sources: FDA <https://www.fda.gov/food/new-nutrition-facts-label/using-nutrition-facts-label-older-adults>
Wellness Month (livelovespa.com)