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. Read this page to learn how to use the Nutrition Facts label.

Nutrition Facts label.

Making healthy dietary choices can help you feel your best and stay active. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.

### Nutritional Information

- **Serving Size**: The amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat.
- **Serving 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.

#### Using the Nutrition Facts Label: For Older Adults

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. Read this page to learn how to use the Nutrition Facts label.

#### Use the Nutrition Facts Label to Make Healthy Choices

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 also more often look for foods with a lower %DV of saturated fat, sodium, and added sugars. Talk to your healthcare provider about which nutrients you should track closely for your overall health.

### September

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Calories</th>
<th>Carbohydrates</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td></td>
<td>605</td>
<td>91.3</td>
<td>905</td>
</tr>
<tr>
<td>Week 2</td>
<td></td>
<td>744</td>
<td>97.1</td>
<td>930</td>
</tr>
<tr>
<td>Week 3</td>
<td></td>
<td>659</td>
<td>90.8</td>
<td>805</td>
</tr>
<tr>
<td>Week 4</td>
<td></td>
<td>756</td>
<td>104.0</td>
<td>933</td>
</tr>
<tr>
<td>Daily Standard</td>
<td></td>
<td>100 grams</td>
<td>800-1000 mg</td>
<td></td>
</tr>
<tr>
<td>Targeted Daily</td>
<td></td>
<td>650-750</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Calories

- **Calories**: the number of calories you eat and drink with the number of calories your body uses.

### Daily Value (%DV)

- **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 (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.

### Serving Per Container

- **Serving 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.

### Serving Size

- **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.

### Nutrient Information

- **Carbohydrates**: the number of grams of carbohydrates in a serving.
- **Sodium**: the number of milligrams of sodium in a serving.