

# Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

May 2018

## Read to Your Heart's Content

Nutrition Labels Can Help You Make Healthier Food Choices

Virtually every food and beverage package includes a Nutrition Facts label with important information about the product inside. Understanding what that information means can help you make better choices for a healthier lifestyle.

- **Serving Size**

The label tells you how many total servings are in the package AND how much of that should go into a single serving. All nutrition information on the label is based on one serving at the recommended size.

- **Number of Calories**

The calories listed are for one serving only. Calories represent energy in food; so if you eat or drink more calories than you burn in a day, you will gain weight.

- **% Daily Value**

Use this section to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of. Your nutritional needs will depend on how physically active you are, so ask your doctor what calorie level is right for you.

- **Get More of These**

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium and potassium in their diets. These are essential to keeping you strong and healthy, and may help reduce the risk of some diseases.

- **Get Less of These**

Eating too much total fat (especially saturated fat and trans fat), cholesterol or sodium may increase your risk of heart disease, cancer or high blood pressure. Try to limit these as much as possible.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: U.S. Food & Drug Administration, 2018

Remove lower portion and return with your kind donation

**YES!** I'll support Meals on Wheels so that even more people can look forward to a hot, nutritious meal and friendly visit day after day. My contribution is enclosed in the amount of:

\_\_\_\$25    \_\_\_\$50    \_\_\_\$100    \_\_\_Other \$\_\_\_\_\_

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Telephone \_\_\_\_\_



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You may also donate online at [www.mowjeffco.org/donate](http://www.mowjeffco.org/donate).

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