

SERVING SIZE COMPARISONS



3 ounces meat
= deck of cards



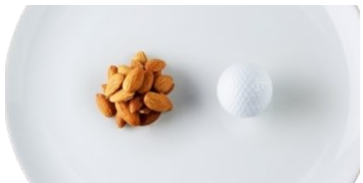
1 cup fruit or yogurt
= baseball



1 cup vegetables
= baseball



1/2 cup rice or pasta
= light bulb



1/4 cup of almonds
= golf ball



1 slice of bread
= cassette tape



1 ounce cheese
= 4 dice



1 tbsp. oil or butter
= postage stamp

READING FOOD LABELS

1
Start Here

2
Check Calories

3
Limit these Nutrients

4
Get Enough of these Nutrients

5
Percent (%) Daily Value

6
Footnote

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories From Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans Fat</i>	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 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 85g
Saturated Fat	Less than 20g 85g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 65g 85g
Dietary Fiber	65g 85g

- ◆ **Calories** are listed for one Serving Size.
- ◆ **Percent (%) Daily Value** helps you decide whether an item is high or low in a nutrient.
 - ◇ LOW range = 5% or less
 - ◇ HIGH range = 20% or more

MyPlate for Older Adults

Inter Tribal Council of Arizona, Inc.
Area Agency on Aging, Region 8



Website
www.itcaonline.com/aaa

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Recommendations

Drink more:

⇒ **Water, tea** (unsweetened), & **fat-free milk**

Eat more:

⇒ **Bright-colored vegetables** such as squash, carrots, and broccoli.

⇒ **Spices** to replace salt.

⇒ **Low- and non-fat dairy products** such as yogurt and low-fat cottage cheese.

⇒ **Beans, nuts, fish, poultry, lean meat** and **eggs**.

⇒ **Deep-colored fruit** such as berries and peaches (without added sugars).

⇒ **Whole, enriched, and fortified grains** and **cereals** such as brown rice and 100% whole wheat bread.

⇒ Food prepared in **liquid vegetable oils**, margarines (or **soft spread**), **low in saturated and trans fat**.

Perform more:

⇒ **Physical activity** such as light housework, walking, and resistance training.

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Please consult a registered dietitian for a diet tailored to your needs.

