



Let's Move
by UnitedHealthcare®

Servings per container

Serving size

Calories

% Daily Value (DV)

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Understanding food labels and nutrition facts¹

When selecting packaged foods, check the ingredients list to help evaluate the nutrition. Fewer ingredients usually mean more nutrition, depending on the ingredients included. To support healthier eating, choose options that have fewer ingredients, have ingredients you recognize as actual foods, and have no or few artificial colors and additives.

The nutrition facts food label

The label is an educational tool to help shoppers make better informed food choices.

Serving size: Amount food manufacturer designates as a serving; may not reflect amount that's nutritionally appropriate for you.

Calories: Estimated number of calories per serving [Note: Food is more than just calories so it's important to consider the source of the calories to make the best food choices.]

% Daily Value (DV): Helps determine if a food serving is low or high in a certain nutrient; 5% DV or less is considered low, and 20% DV or more is considered high.

If you want to increase dietary fiber, calcium, vitamin D or potassium, then look for options that are 20% or more.

If you want to decrease saturated fat, sodium or added sugars, choose options with 5% or less.

Other information that you may see on food packages are nutrient content and health claims. For example, a health claim may state the association between sodium and high blood pressure. These types of claims must comply with strict guidelines set by the U.S. Food and Drug Administration. Here are common claims seen on food packaging:

Good source of means: Provides at least 10% of the daily value of a particular nutrient serving.

Low-sodium means: 140 mg or less of sodium per serving.

Reduced means: 25% less of the nutrient or calories specified than the usual product.

Source: Academy of Nutrition and Dietetics²

**United
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Group Medicare Advantage

¹<https://www.fda.gov/food/nutrition-facts-label/using-nutrition-facts-label-older-adults>

²Academy of Nutrition and Dietetics <https://www.eatright.org/>

This communication is going to eligible members and is not intended to imply the recipient has a specific condition or disease.

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