Food and Nutrition Science

Nutrition Facts Label

The Nutrition Facts label can tell us a lot about what nutrients are in a specific food, but how can we use that information to our advantage? Adults ages 50 years and older have different nutritional needs than other age groups. The Nutrition Facts label can help you monitor some of the important nutrients in your diet!

There are many different pieces of information provided by the Nutrition Facts label. At the top is the servings per container. Immediately under that is the serving size, then the calories per serving. In green is the %Daily Value (%DV) which tells you what percent of your daily needs are met by a serving of that food.

For overall health and prevention of chronic disease, focus on foods with high Dietary Fiber, Vitamin D, Calcium, and Potassium and low Saturated Fat, Sodium, and Added Sugar.

### Canned Chili

**Selection:**
- Choose cans without dents or obvious damage; this could mean the chili is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.

**Storage:**
- Store unopened cans in a cool, clean, and dry place.
- After opening, put chili in an air tight container and store up to 4 days in the refrigerator.

**Nutrition:**
- 1 cup of canned chili:
  - Provides 220 calories and 18 grams of protein.
  - A good source of fiber with 3g (11% DV) per serving.

**Uses:**
- Use canned chili as a fast and easy meal.
- Serve over a baked potato for more fiber.
Fruits and Vegetables on a Budget

In the winter months, when fruits and vegetables are out of season, prices seem to skyrocket. More affordable options are to buy frozen, canned, or dried fruits and vegetables. They are just as nutritious, easy to prepare, and tasty as fresh produce.

**FROZEN:** Fruits and vegetables are often harvested at their peak, so frozen items usually have more nutrients! They are also already prepped so all you need to do is cook.

**CANNED:** You may avoid canned produce because of the added sugar and sodium. However, they still provide great nutrition. Choose the low sugar or low sodium varieties or simply rinse them with water before eating. These are great options for those with chewing difficulty.

**DRIED:** Dehydrated items have a longer shelf life! The serving sizes are much smaller than the frozen and canned produce, so they’re great for snacks and adding flavor to meals.

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### Golden Corn Bread

**Serves:** 9 | **Serving Size:** 1 slice

**INGREDIENTS**

- 1 cup yellow corn meal
- ½ cup all purpose flour
- ½ cup whole wheat flour
- ¼ cup white sugar
- 2 teaspoons baking powder
- 2 egg
- 1 cup non-fat milk
- 1/4 cup vegetable oil

**INSTRUCTIONS AND TIPS**

1. Heat oven to 400˚F. Grease 8- or 9-inch square pan.
2. Stir corn meal, flours, sugar, and baking powder together in a large bowl.
3. Beat eggs, milk, and oil together in a small bowl.
4. Stir wet ingredients into dry ingredients until well combined.
5. Spray an 8 x 8 inch baking dish with nonstick cooking spray. Pour corn bread mixture into the baking dish. Spread mixture evenly in dish.
6. Bake for 20 minutes or until tester inserted into the center of the bread comes out clean.

**Tip**

- Serve with chili

**Storage**

Store in an airtight container in cupboard for 1 week, or in the freezer for several weeks.

**Nutritional analysis (1 slice):** 201 calories, 8 g fat, 1 g saturated, 135 mg sodium, 31 g carbohydrates, 2 g fiber, 7 g sugar, 5 g protein.

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February Fitness

Cold weather, ice, and all things *not so nice* can lower your motivation to be active. The National Institutes on Aging has online resources to keep you active. For more ideas visit [https://bit.ly/2W77dSB](https://bit.ly/2W77dSB).

**Balance Activities**

Standing on one foot and walking from heel to toe can help you improve your balance. *Practice with a chair to keep you safe.*

**Flexibility Activities**

Stretching the calves and ankles can increase flexibility and strength to lessen your chance of injury during day-to-day activities.

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**Helpful Resources**

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