Healthy LIVING while aging!

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How to Read a Nutrition Facts Label

By Natalie Mazzullo, M. Ed.

Natalie Mazzullo is the Healthy Aging Initiative Coordinator for Extension under the College of Agriculture, Biotechnology & Natural Resources.



Understanding a Nutrition Facts Label can help you make smarter, healthier choices—without overthinking it. Here's an easy step-by-step way to read it:

1. Start with Serving Size

This tells you how much food the label is based on.

👉 If you eat more (or less), the numbers change too.

2. Check the Calories

Calories give you energy. As we age, we often need fewer calories—but still need plenty of nutrients.

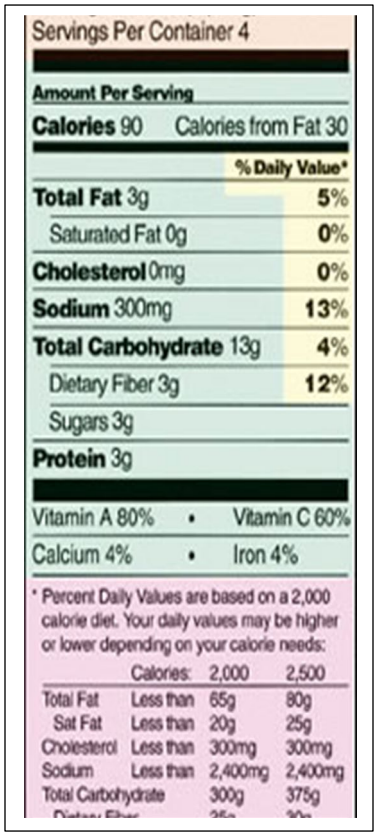
👉 Aim for foods that give you *more nutrition for fewer calories*.

3. Focus on What to Get MORE Of

These nutrients support healthy aging:

- Fiber – helps digestion and heart health
- Calcium & Vitamin D – support strong bones
- Potassium – helps with blood pressure

👉 Look for higher % Daily Value (DV)—around 20% or more is great.



Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A 80% • Vitamin C 60%

Calcium 4% • 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	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g

4. Limit What You Don't Need Much Of

Too much of these can impact your health:

- Sodium – linked to high blood pressure
- Added Sugars – can affect energy and weight
- Saturated Fat – impacts heart health

👉 Aim for lower % DV—5% or less is a good target.

5. Use % Daily Value as a Quick Guide

- 5% DV or less = low (good for sodium, sugar, saturated fat)
- 20% DV or more = high (good for fiber, vitamins, minerals)

6. Don't Forget the Ingredients List

Ingredients are listed from most to least.

👉 Shorter lists with familiar words are often a good sign.

Some Quick Tips for Everyday Shopping:

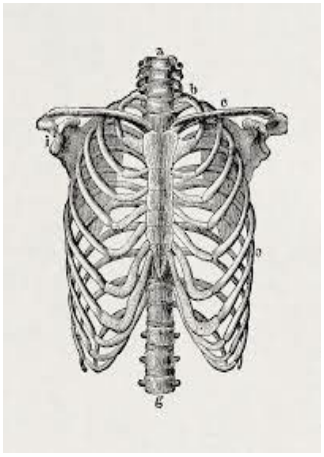
- Compare similar products (like two cereals or soups)
- Look for "low sodium" or "no added sugar" options
- Choose foods that are easy to prepare and enjoyable to eat

You don't have to read every number—just focus on a few key areas. Over time, these small choices can support better energy, stronger bones and overall well-being.



Please visit extension.unr.edu/Healthy-Aging to enjoy our accessible, online newsletter and discover additional Healthy Aging education and resources. Or, email HealthyAging@unr.edu.

Bone Health Reminder



October is a great time to focus on bone health. It's never too late to start being physically active and to achieve the benefits of an active lifestyle. Physical activity improves physical function, making it easier to perform tasks of daily living — including household chores, getting into or out of a bed or chair, and moving around the neighborhood. This increased functional ability can help maintain independence and support independent living for older adults.

- Stay physically active - whether it's gardening, playing tennis, kicking around a soccer ball with your grandchildren, or something else, choose an activity that you want to do, not have to do.
- Practice balance exercises – try using Yoga and Tai Chi movements.
- Include calcium-rich foods – changes to your diet now can improve your well-being as an older adult.
- Talk with your healthcare provider about vitamin D and other supplements recommended as we age.

Social Connection Tip

A quick phone call, coffee date or community event can brighten someone's entire week. Social connection is an important part of healthy aging.



Positive Aging Quote

"Autumn shows us how beautiful it is to let things go." — Unknown

Fun October Trivia



Did you know?

- Pumpkins are actually fruit — because they contain seeds!
- What percentage of a pumpkin is water? *94%*
- What part of the pumpkin is not edible? *Trick question! You can eat every part of a pumpkin!*
- What does it mean when someone places a **teal pumpkin** on their porch on Halloween? *They are handing out non-food treats to make sure that kids with food allergies can participate in the fun of the holiday!*

October Wellness Tip

Cooler temperatures make fall a great time to take short daily walks, visit local parks or farmers' markets, open your windows for some fresh air or start a gratitude journal. Simple changes in small routines can support your mood, mobility and health. Try something new, or an old favorite, and enjoy the feeling renewed and refreshed.



Brain Boost Activity

Challenge your brain this month as keeping the brain active supports healthy aging:

*Learn a new recipe *Call an old friend *Start a new art project
*Solve a crossword puzzle *Try a new sport *Listen to new music

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