

SENIOR NUTRITION NEWS

Eat Smart Idaho Program

February 2025

Reading Nutrition Facts Labels for Heart Health



Food labels can seem intimidating with all of the numbers, values, and percentages that are displayed on them. There are four main things to look at in relation to heart health:

FATS:

- ♥ Limit saturated fat. Most saturated fat comes from animal sources, such as meat and dairy products and tropical fats such as coconut, palm and palm kernel oils.
- ♥ Choose: healthier fats—liquid oils (canola, soybean, corn, safflower, sunflower and nut oils), low-fat or fat-free dairy, lean meat or skinless poultry, if you eat meat.

SODIUM:

2,300 mg or less each day, but ideally less than 1,500 mg per day

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	
Total Carbohydrate 37g	
Dietary Fiber 4g	
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

CHOLESTEROL:

A heart-healthy diet should focus on food that is naturally low in cholesterol such as fruits, vegetables, whole grains and lean meats.

FIBER:

- ♥ Eat 25 to 30 grams of fiber each day.
- ♥ Choose 100% whole grain bread, cereal & pasta, brown rice, and oatmeal.
- ♥ Serve whole fruit at breakfast in place of juice and as a snack.
- ♥ Add colorful veggies to your salads, soups, and other recipes. Carrots, broccoli, & cauliflower are high in fiber.

A heart healthy diet can be delicious and varied! Choose many vegetables, fruits, whole-grain foods, foods high in fiber, lean meats, fish, and fat free or low fat dairy products. Follow the recommendations from your health care provider, if you have special dietary needs.

Veggie Bean Wrap

- 2 bell peppers, washed and chopped
- 1 small onion, peeled and chopped
- 1 (15 ounce) can low-sodium black beans, drained and rinsed
- 2 mangos, washed and chopped
- Juice of one lime
- ½ cup cilantro, washed and chopped
- 1 avocado, washed and diced
- 4 whole wheat or corn tortillas



1. In a pan, cook bell peppers and onion for 5 minutes, add beans, and stir well.
2. In a small bowl combine mangos, lime juice, cilantro, and avocado.
3. Fill tortillas with ¼ of the bean mixture and ¼ of the mango mixture
4. Roll up tortillas to make wraps.

Peach Strawberry Smoothie

1 cup frozen whole strawberries, unsweetened
1 ½ cups low-fat or fat-free milk

1 cup frozen sliced peaches
8 oz. low-fat vanilla yogurt

1. Place all ingredients into blender or food processor.
2. Cover and blend until smooth.
3. Serve immediately.



For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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