

## Aging Well Cooking Class

Wednesday, March 11, 2020

### Healthy Cooking: Label Reading and What To Look For To Make Healthy Choices

Presenter: Jillian Bowen, RD, Clinical Dietitian  
Bronson Battle Creek Cancer Care Center



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 235mg	<b>6%</b>

\* 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.

Did you know there is a new nutrition facts label?

Come learn what changed, what stayed the same and ways that reading the label can help you make healthier choices.

**Wednesday, March 11, 2020**



**11:30 a.m.-1:00 p.m. at The Kool Family Community Center  
200 W. Michigan, Battle Creek**

Lunch will be served following the presentation.

*Seating is limited.*

**Please register by calling Senior Health Partners 269-441-0948**



## Senior Health Partners

A community partnership of Bronson Battle Creek, Calhoun County Senior Services, Battle Creek Family YMCA, Senior Care Partners PACE and Summit Pointe