

Healthy Living

Understanding food labels

Nutritious food is necessary to sustain life, and that's one reason why food packages contain lists of ingredients. But all ingredients are not created equal. A growing

number of consumers desire greater transparency about the foods they are eating, including sourcing, production, preparation details, and nutritional content. While

that can be challenging to ascertain when dining out, people have more control over what they eat at home.

According to the plant-based food advocacy company Pro-

Veg International, 62 percent of people are paying more attention to ingredient lists now than they did five years ago. In addition, nearly two-thirds of adults say the ingredients in a food or beverage have at least a moderate influence on whether they buy it.

One of the ways to be mindful of food ingredients is to understand food labeling. Pertinent information is included on the label, and it pays to study these labels when choosing foods. Here's how to navigate the Nutrition Facts Label, according to the U.S. Food & Drug Administration.

- **Servings per container:** The first thing people

will come across is the servings per container. This tells a person how many servings are in the package.

- **Serving size:** The serving size indicates how much of the food equates to one serving. It maybe measured in cups, grams, ounces, or even pieces.

- **Calories:** The calories pertain to the number of calories in one serving. As a general guide for nutrition advice, 2,000 calories a day is used. A person's calorie needs may be higher or lower depending on variables like age, sex, height, weight, and physical activity level.

- **% daily value:** These numbers will appear next to the various nutrients in the product and show the percentage of each nutrient's recommended daily value is in the food. Daily values are listed in grams, milligrams or micrograms. By understanding

daily values, one knows how many nutrients to consume each day. As a general rule, 5% DV or less of a nutrient per serving is considered low, while 20% DV or more of a nutrient per serving is considered high.

Many older adults do not get the recommended amount of nutrients each day and can use food labels to create a more nutrient-rich diet. It's essential for seniors to look for foods that contain adequate dietary fiber, calcium, vitamin D, and potassium. Individuals also should consume less saturated fat, sodium and added sugars.

Seniors can use nutrition labels as a source of information that helps them make healthy food choices.

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 **DATE**

Thursday, Sept 17, 2026

10:00 AM – 12:00 PM

 **LOCATION**

The Game Commission Bldg

8627 William Penn Hwy, Huntingdon, PA

 **ADMISSION**

Free & Open to All

Registration Encouraged

For Older Adults & Grantors

- **Types of POAs:** Understand Financial, Healthcare, General, and Special Power of Attorney.
- **Agent Authority:** Learn what powers you are granting and how to retain control over your decisions.
- **Choosing an Agent:** Essential qualities to look for and warning signs to avoid when designating a representative.
- **Costs & Resources:** Legal preparation expenses, community support services, and potential opportunities to have a free POA prepared if qualified.

For Designated Agents & Caregivers

- **Roles & Duties:** Fiduciary responsibilities and legal obligations to act in the best interest of the older adult.
- **The Do's & Don'ts:** Clear, actionable guidelines on allowed actions versus legal restrictions.
- **Record Keeping:** Practical methods for tracking expenses, managing financial records, and avoiding conflict.
- **Banking Realities:** Practical insights on daily POA account administration.

FEATURED SPEAKERS & PANELISTS

Attorney Michael Kipphan

Elder Law & Estate Planning

Attorney Robert Covell

Elder Law & Estate Planning

Attorney Richard Wilson

Elder Law & Estate Planning

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Organized by The Huntingdon County Elder Justice Task Force in cooperation with The Huntingdon-Bedford-Fulton Area Agency on Aging.

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