

Welcome to the Big Spring Senior Center

Open Monday thru Friday: 7:00 a.m. to 3:00 p.m.

Monthly Health Focus Handout: Get to Know the Nutrition Food Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily value 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
Dietary Fiber		25g	30g

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Serving size 2/3 cup (55g)

Amount per serving

Calories **230**

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

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.

Calendar of Events

Tuesday & Thursday:

Bingo.....Following Lunch

Senior Dance:

First Friday of every month 7 p.m. – 10 p.m.
Entry Fee \$5. for more info call 432-517-9097

Serving Curbside
And
Congregate Meals
Call

432-267-1628
For Reservations

Caregivers Support
Group
June 13th
10:30 a.m.



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Monthly menus are now available on channel 17. You can also check them out by logging on to www.mybigspring.com