



Food Label Facts

One way to count carbs and eat better is by reading the nutrition facts on food labels. This information is for general education only. Please consult your diabetes team for medical, nutrition or fitness advice.

SERVING SIZE

The serving size tells you how many calories, carbs and nutrients you get when you eat one serving. Don't forget to double the calories, carbs and other nutrients if you eat double the serving size!

Eat 1 serving = 100 calories and 25 grams carbs
Eat 2 servings = 200 calories and 50 grams carbs

CHOLESTEROL, FAT & SODIUM

Eating less saturated and trans fat, cholesterol and sodium helps reduce risk of heart disease and stroke.

Saturated fat = 2 grams or less per serving
Trans fat = 0 grams per serving
Sodium = 6% or less of the Daily Value

Tip: Choose canned beans, veggies and soups labeled low sodium or no added salt.

CARBOHYDRATE

Carbohydrates raise blood glucose levels more than protein and fat. Counting carbs is one way you can manage blood glucose levels.

15 grams of carbs = 1 carbohydrate or carb choice

Tip: Subtract half the fiber grams from the total carbohydrate when you eat a food with 5 or more grams of fiber.

25 grams of total carbs
- 3 grams of fiber (half of the fiber)
= 22 grams of total carbs

Nutrition Facts

Serving Size 1 cup (30g/1.1 oz.)
Servings Per Container 2

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 1.5g 2%
Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 25g 8%

Dietary Fiber 6g 22%

Sugars 5g

Protein 2g

Vitamin A 0%

Vitamin C 5%

Calcium 5%

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

Eating less calories helps you lose weight.

Low calorie = 40 calories per serving
Moderate calorie = 100 calories per serving
High calorie = 400 calories per serving

Tip: Try frozen mango cubes or cherry tomatoes for a snack that's naturally lower in calories and gives you energy!

PERCENT (%) DAILY VALUE

The % Daily Value shows if foods are high or low in particular nutrients.

5% or less is "low"— choose low for total fat, saturated fat, cholesterol and sodium
20% or higher is "high"— choose high for fiber, vitamins, potassium, calcium and iron

PROTEIN

Eating a lean protein with meals and snacks helps you stay full longer—keeping hunger pangs away.

7 grams of protein = 1 ounce

Tip: Eat less saturated fat by choosing lean protein choices like chicken and turkey breast labeled skinless, ground beef labeled 90-95% lean and omega 3-rich fish like salmon and canned albacore tuna.

VITAMINS, MINERALS & POTASSIUM

Eating more whole foods and less processed foods is a sure way to get more nutrients.

Look for yogurt and soy milk with 20-30% calcium

Decoding Ingredient Lists and Nutrition Claims

Ingredient Lists

Ingredient lists and nutrition claims on food labels can help you identify foods with hidden sugars, trans fats or those rich in fiber. Ingredients are listed by weight from highest to lowest, meaning the first ingredient is the largest amount and the last ingredient is the smallest amount. A good rule of thumb—the fewer the ingredients the better!

Key Words for Added Sugars

- Corn Sweetener
- Fructose
- Fruit Juice Concentrates
- Glucose
- High-Fructose Corn Syrup
- Honey
- Lactose
- Molasses
- Other words ending in “ose”
- Sugar
- Sucrose
- Syrup

Sample Ingredient Lists

Nonfat, Plain Yogurt (contains NO added sugars)

INGREDIENTS: Cultured Grade A pasteurized skim milk, fruit pectin. Contains live active cultures including *L. acidophilus*.

Low-Fat Strawberry Yogurt (contains added sugars)

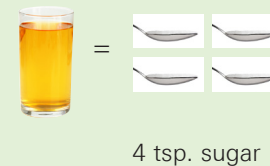
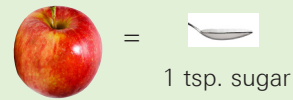
INGREDIENTS: Cultured Grade A pasteurized low-fat milk, strawberries, high fructose corn syrup, natural flavor, pectin, modified corn starch. Contains live active cultures including *L. acidophilus*.

Ingredient with largest amount used

Added sugar

Ingredient with smallest amount used

How Much Sugar?



slice of apple pie



12 tsp. sugar

Helpful Hints

Don't be fooled by low fat and fat free.

These foods can have more carbs than their full-fat versions—check labels and compare. Rule of thumb—choose healthy fats like olive oil and walnuts, limit saturated fats and avoid trans fats.

Go for the WHOLE grain.

Boost nutrients and fiber by choosing grains with the word *whole* attached to the first few ingredients—like *whole* oats or *whole* wheat.

Be aware of added sugars.

Added sugars provide calories and carbs but don't fill you up or provide many nutrients. A *smarter* choice—eat foods that have added sugars listed in the first three ingredients less often.

Fill up with fiber.

Look for breads with 2 or more grams of fiber and cereals with 4 or more grams per serving. Fruits, veggies, *whole* grains and beans are natural sources of fiber.

Avoid trans fats.

Trans fats raise bad cholesterol levels (LDL) and lower good cholesterol levels (HDL). Fried foods, doughnuts, stick margarines, crackers and packaged desserts often contain *Trans* fats. Code word for *Trans* fat = partially hydrogenated vegetable oil.