Label Reading Basics for Diabetes

Serving Size
- The serving size is the portion size used for all the values on the label.
- Different foods have different serving sizes.
- The serving size on this label is 2/3 cup.

Servings per Container
- Indicates the number of servings in the container.
- There are 8 servings in this container, each serving is 2/3 cup.

Total Carbohydrates
- Indicates the total amount of carbohydrate per serving size of this product.
- One carb choice of a food has about 15 grams of total carbohydrate.
- This food has 37 grams of carbohydrate per 2/3 cup serving or approximately 2.5 carb choices.
- Foods high in dietary fiber may provide better glucose control after and between meals.
**Total Fat**
- Indicates the total amount of fat in one serving of this product.
- This food has 8 grams of fat per 2/3 cup serving.
- A food is considered low fat if it has 3 grams of fat or less for every 100 calories.
- Limit saturated fat to 1 gram or less for every 100 calories.
- Avoid trans fats.

**Sodium**
- Indicates the total amount of salt in one serving of this product.
- This food has 160mg of sodium per 2/3 cup serving.
- It is suggested to limit salt intake to 1500mg per day when you have diabetes (2300 mg or less if you have pre-diabetes).
- Things you can do:
  - use fresh, low sodium frozen, or no salt added/ low-sodium canned food
  - Limit processed foods and dining out
  - Don’t add salt to food

**% Percent Daily Values**
- This area refers to the percentage of the daily recommended amount of each nutrient listed.
- The percentages are based on a 2,000 calorie per day meal plan. You may have different calorie goals for the day.

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**Example**
If a person eats 1 1/3 cup of this food, they will have eaten 2 servings. 2 Servings =
- 460 calories
- 16 grams of fat
- 320 mg sodium
- 72 grams of total carbs (5 carbohydrate choices)
- 8 grams of fiber