

# Label Reading Basics for Diabetes

<b>Nutrition Facts</b>	
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>
<small>% Daily Value*</small>	
<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	
Vit. D 2mcg 10%	• Calcium 260mg 20%
Iron 8mg 45%	• Potas. 240mg 6%
<small>* 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.</small>	

## 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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% Daily Value\*

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Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

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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