

Food label facts

One way to count carbs and eat better is by reading the nutrition facts on food labels.



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 your risk of heart disease and stroke.

Saturated fat = 2 grams or less per serving.
Trans fat = 0 grams per serving.
Sodium = 5% 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 {80g/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: 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 soymilk with 20-30% calcium

This information is for general education only. Please consult your diabetes team for medical nutrition or fitness advice.