

# Reading a Nutrition Facts label

Almost all foods that come in packages have a Nutrition Facts label. Those labels tell you just about everything you need to know to make healthy food choices. So it's a good idea to learn to read them. Here's how.



## Start here

What you eat is important. But so is how much you eat. So start by looking here. You'll see that a serving size of this food is 1 cup. And there are 2.5 servings in this container. If you didn't know that and ate all the food in the package, you'd be getting 2.5 times the fat, calories, and everything else shown on the label! Talk with your diabetes care team about how much you need every day of each nutrient on the label.

## Calories

If you're trying to lose weight or even keep your weight the same, the number of calories you eat counts. To lose weight, you need to eat fewer calories than your body burns. Talk with your diabetes care team about how many calories you need each day. Then use this line to see if the food fits into your plan. You can read the Nutrition Facts labels to compare calorie counts of similar foods to find the lowest-calorie option.

## Total fat

This line tells you how much fat is in a serving of this food. It includes fats that are good for you, such as mono- and polyunsaturated fats. It also includes fats that are not good for you, such as:

- Saturated fats
- Trans fats

## Sodium

Sodium is the same as table salt. Sodium does not affect your blood sugar. But many people eat more sodium than they need. Reading the label can help you compare the amount of sodium in different foods so that you can choose lower-sodium options.

<b>Nutrition Facts</b>	
Serving Size 1 cup (40g) Servings Per Container 2.5	
Amount Per Serving	
<b>Calories</b> 150	<b>Calories from Fat</b> 10
% Daily Value*	
<b>Total Fat</b> 3g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	1%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 4g	15%
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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.

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## Total carbohydrate

If you are counting carbs, this is a very important place to look. "Total carbohydrate" includes sugar, starches, and fiber. Does the food have 5 grams of fiber or more? If it does, then subtract half the fiber grams from the total carbohydrate grams for a more accurate carb count.

## Fiber

Fiber is the part of plant foods that the body does not digest. Adults should aim to eat 25 to 30 grams of fiber a day.

## Sugars

Sugars raise blood sugar quickly. So it's important to try to avoid foods with a lot of sugar.

## Protein

Protein is needed by the body. And it does not raise your blood sugar very much.

## Try these tips when using the Nutrition Facts label to choose your foods:

- Keep these low: saturated fats, trans fats, cholesterol, and sodium
- Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron

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<b>Sodium</b> 10mg	1%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 4g	15%
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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## % Daily Value

- 5% daily value or less means that the food is low in that nutrient
- 20% daily value or more means that the food is high in that nutrient

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