

# Understanding Nutrition Labels

- 1. Look Here First
- 2. Balance with Exercise
- 3. Limit These
- 4. Choose Carbs with Fiber
- 5. Look for These

Nutrition Facts	
Serving Size 1 cup	
Servings per container 4	
Amount Per Serving	
<b>Calories 70</b>	
% Daily Value*	
<b>Total Fat</b> 0.5g	
Saturated Fat 0g	
Trans Fat 0g	
Polvunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 140mg	
<b>Total Carbohydrate</b> 13g	
Dietary Fiber 2g	
Suagars 1g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	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	2,000 2,500

The **Total Carbohydrates** tell how many grams of carbohydrates are in **ONE Serving**.

Fiber can be subtracted from the **Total Carbohydrates (CHO)**

Total CHO 13g  
 -Fiber 2g  
 NET CHO 11g

The **NET** Carbohydrate is **11g**

Sugars are a part of the **Total Carbohydrate**. **DON'T** count them twice.

Understanding Nutrition Labels can really be a useful tool to help manage your diabetes. It can also help you make healthy choices.

## Use the 5 Tips listed above

1. Pay attention to the **Serving Size**
2. Choose foods lower in **Calories**. The more calories you take in, the more activity or exercise you should do throughout the day.
3. Choose foods lower in **Fat, Cholesterol, and Sodium**
4. Choose foods high in **Fiber** and add up those **Carbohydrates**
5. Try to get your **Vitamins** from fresh fruits or vegetables

If there is only one thing you want to look for on a label, look for the **Total Carbohydrates**. A good rule of thumb for carbohydrates is to aim for **30-60 grams of carbohydrate for each meal** and **15-30 grams for snacks**.

