



## Label Reading

Use the Nutrition Facts on food labels to figure out how to work a food into your meal plan. Learn about what foods are healthier choices by looking at the label.

Look at the **servings size** and the **total carbohydrate (carbs)**.

Nutrition Facts	
Serving Size 1 cup (35g)	
Servings Per Container 12	
Amount Per Serving	
Calories 130	Calories from Fat 27
	% Daily Value
Total Fat 4g	7%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 30mg	10%
Sodium 200mg	8%
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 4g	16%
Sugars 18g	
Sugar Alcohols 2g	
Protein 3g	
Vitamin A	25%
Vitamin C	25%
Calcium	0%
Iron	10%

Ingredients: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, SEA SALT, SALT, MALTED BARLEY FLOUR, BAKING SODA, YEAST. CONTAINS: WHEAT.

- **Serving size:** Check the serving size and compare to what you are eating
- **Calories:** 3500 calories = 1 pound body fat. Subtract 500 calories per day from what you are eating now to lose about 1 pound per week.
- **Saturated Fat:** Raises LDL (bad) cholesterol.
- **Trans Fat:** Raises LDL and lowers HDL (good) cholesterol. - check ingredient list for hydrogenated oils.
- **Sodium:** Aim for less than 2300 mg per day
- **Total carbohydrate:** Important fuel for your body. Please see the Diabetes 101 Appendix for Carbohydrate list and sample meal plans.
- **Dietary Fiber:** Aim for at least 25-35g per day. (3-5g per serving of carbs)
- **Sugar Alcohols:** These can also affect blood glucose/sugar. Most “sugar-free” foods are **not** carb free and will still raise blood sugar. Be sure to read the label. Ingredients are listed by weight

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