

How to Read a Nutrition Label

Serving Size: One serving of the food will have all of the amounts of nutrients that are listed on the label. In this example, 1 cup of the food has 45 grams of carbohydrates. Use a measuring cup to see how many servings you eat of different foods.

Servings Per Container tells you how many servings are in the entire package. If you eat the whole container of the food, multiply the total carbohydrates (g) by the number of servings per container. In this container, you would eat 4 servings X 45 g carbohydrates = 180 grams of carbohydrates.

For Diabetes

Total carbohydrates tell you how much the food will affect your blood sugar. Look for the grams (g), not for the percent. This food has 45 grams of carbohydrate in 1 cup.

Fiber* helps stabilize blood sugar.

Sugars* are included in the number of total carbohydrates. They include added and natural sugars.

*To choose a healthy breakfast cereal or granola bars, look for 8 grams or less of sugar and 3 grams or more of fiber.

Nutrition Facts

Serving Size 1 cup (56g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value	
Total Fat 1 g	2%
Saturated Fat 0 g	0%
<i>Trans Fat</i> 0 g	
Cholesterol 0 mg	0%
Sodium 115 mg	5%
Total Carbohydrate 45 g	15%
Dietary Fiber 7 g	26%
Sugars 18 g	
Protein 4 g	
Vitamin A 15%	Vitamin C 10%
Calcium 4%	Iron 25%

For Heart Health

Saturated and **Trans Fats** are bad for your heart. They raise LDL (bad) cholesterol and can lower HDL (good) cholesterol. Aim for 0 grams *trans* fat and 10 grams or less of saturated fat.

Fiber helps lower your cholesterol and aid in digestion. Aim for 25 grams of fiber per day.

Eating too much **sodium** can cause high blood pressure. Look for foods with less than 5% of your daily sodium intake.

For Weight Loss

Calories tell you the amount of energy a food has in it. To lose weight, eat less calories than you burn.

Fiber helps keep you full. High fiber foods are those with 5 grams of fiber or more per serving.

Remember: if you eat more than the serving size, you will eat more than the amounts of nutrients listed on the package. For example: if you ate 2 cups of the food (double the serving size), you would eat 90 grams of carbohydrates (double the total carbohydrates).