



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 — look here first. If you eat double the serving size you will eat double the calories, carbs and other nutrients.

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 carbohydrates when you eat a food that has more than 5 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 (30g/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 foods with fewer calories helps you lose weight.

Low calorie = 40 calories per serving
Moderate calorie = 100 calories per serving
High calorie = 400 calories per serving

Tip
Fresh and frozen fruits and veggies are naturally lower in calories.

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 little protein with meals and snacks helps you stay full longer.

7 grams of protein = 1 ounce

Tip
Choose lean sources like eggs, skinless chicken and turkey, 90% lean hamburger and fish

VITAMINS, MINERALS AND 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

Decoding Ingredient Lists and Nutrition Claims

Ingredient List

Ingredient lists and nutrition claims on food labels help you identify foods with hidden sugars, trans fats or those rich in fiber. The more you know the better you are to make healthier choices. Ingredients are listed by weight from highest to lowest meaning the first ingredient has the most and the last the least. A good rule of thumb — the fewer the ingredients the better!

Nonfat, Plain Yogurt - contains no added sugars

INGREDIENTS: Cultured Grade A pasteurized skim milk, fruit pectin. Contains live active cultures including *L. acidophilus*.

Low-Fat Strawberry Yogurt - contains added sugars

INGREDIENTS: Cultured Grade A pasteurized low-fat milk, strawberries, **high fructose corn syrup**, natural flavor, pectin, modified corn starch. Contains live active cultures including *L. acidophilus*.

Helpful Hints

Low-fat and fat-free foods still have carbs

These foods can often be higher in carbs than their full-fat versions — check labels and compare.

Go for the *whole* grain

Buy breads and cereals with *whole* attached to the first ingredient — like *whole* rye or *whole* wheat.

Don't be fooled by reduced fat and reduced calorie

"Reduced" means the food has 25% less fat or calories than the regular version but beware they still may be high in calories, carbs and fat.

Choose natural sugars over added sugars

Natural sugars are found in fresh, unprocessed fruit, veggies and milk. Added sugars are found in foods like cookies, candy, jello and granola bars.

Avoid *Trans fats*

Choose soft-tub margarines with *liquid oil* listed in the first few ingredients.

Be Aware of Hidden Sugars

- ✓ Corn Sweetener
- ✓ Fructose
- ✓ Fruit Juice Concentrates
- ✓ Glucose
- ✓ High-Fructose Corn Syrup
- ✓ Honey
- ✓ Lactose
- ✓ Molasses
- ✓ Other words ending in "ose"
- ✓ Sugar
- ✓ Sucrose
- ✓ Syrup

**"NO SUGAR ADDED",
"SUGAR FREE" and
"FAT FREE" doesn't mean
"calorie free"**

How Much Sugar?

**Most
high-sugar
foods have
lower amounts
of nutrients**

