

# Living Well with Diabetes

## Label Reading for Better Eating: Understanding Food Labels

Serving sizes are in common household measures. Serving sizes are the same for similar products.

These numbers can help you avoid too much fat, saturated fat, *trans* fat, cholesterol and sodium.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>
* 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
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

% Daily Value shows how a food fits into the overall daily diet.

These numbers can help you get enough dietary fiber, vitamins A and C, calcium and iron

Daily Values are based on recommended nutrient intakes for a 2,000 calorie diet.

Use the two package labels to answer the following questions.

Nutrition Facts	
Serving Size 1 cup (25g)	
Servings per container 10	
[REDACTED]	
<b>Amount per serving</b>	
Calories 142	Calories from Fat 54
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	<b>%Daily Value*</b>
<b>Total Fat</b> 6g	11%
Saturated Fat 1g	5%
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 231mg	10%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 1g	4%
Sugars 5g	
<b>Protein</b> 4g	
[REDACTED]	
Vitamin A 22%	Vitamin C 22%
Calcium 4%	Iron 22%
*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
Total Fat	Less than 65g    80g

Nutrition Facts	
Serving Size 1 cup (32g)	
Servings per container 10	
[REDACTED]	
<b>Amount per serving</b>	
Calories 125	Calories from Fat 9
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	<b>%Daily Value*</b>
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 227 mg	9%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 1g	4%
Sugars 14g	
<b>Protein</b> 3g	
[REDACTED]	
Vitamin A 22%	Vitamin C 22%
Calcium 4%	Iron 22%
*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
Total Fat	Less than 65g    80g

How many servings are in package A? \_\_\_\_\_

How much total fat is in one serving of the food in package A? \_\_\_\_\_

Which food is lower in total fat, the food in package A or the food in package B? \_\_\_\_\_

Which food is lower in *trans* fat, the food in package A or the food in package B? \_\_\_\_\_

Which food has more fiber, the food in package A or the food in package B? \_\_\_\_\_