

Understanding Nutrition Labels

Are you getting enough—or too much?

Serving sizes, carbs, fiber... understanding these and other important nutrients and additives is a big part of eating healthy. The best place to find that information is on a nutrition label, but how do you make sense of it? Here are a few tips.



Serving size

All the information on a label will be based on 1 serving, so be sure you know how much that is! **Remember:** Packages/cans often contain more than 1 serving.

% Daily Value

The FDA makes recommendations for how much of each nutrient to eat in a day. The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet of 2,000 calories a day.

- **5% or less** = low in that nutrient
- **20% or higher** = high in that nutrient

Total fat

A low-fat food contains 3 grams of fat or less per serving. Look for items that have **little saturated fat** and **no trans fat**.

Total carbs

You'll want to note this number if you're counting carbs.

- **Dietary fiber:** Your body doesn't digest fiber, so it doesn't affect your blood glucose. It also helps you feel full after eating and may lower your cholesterol level.
- **Total sugars:** Sugars raise your blood glucose quickly, so it's best to avoid foods that are high in sugar or have added sugar.

Nutrition Facts

8 servings per container

Serving size 1/2 cup (55 g)

Amount per serving

Calories 230

	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrate 37 g	13%
Dietary Fiber 4 g	14%
Total Sugars 12 g	
Includes 10 g Added Sugars	20%
Protein 3 g	
Vitamin D 2 mg	10%
Calcium 260 mg	20%
Iron 8 mg	45%
Potassium 235 mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Looking for more about diabetes-friendly eating?
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Nutritional Guide For Diabetics

Susan Algert, Annie Durning



Nutritional Guide For Diabetics:

American Dietetic Association Guide to Diabetes Medical Nutrition Therapy and Education Tami Ross, Jackie Boucher, Belinda S. O'Connell, 2005 Medical nutrition therapy plays an integral role in the management in diabetes This comprehensive guide is an evidence based review of MNT and the Nutrition Care Process and a practical reference of diabetes management tools and nutrition education Covering practice guidelines outcomes evaluation nutrition assessments goal setting behavior change and interventions this guide is a must have resource for health care professionals serving the diabetes community

Handbook of Diabetes Medical Nutrition Therapy Margaret A. Powers (RD.), 1996 Provides dietitians and other health care professionals with the information they need to provide comprehensive diabetes care and self management training Topics covered include understanding diabetes pathophysiology complications of diabetes setting and achieving management goals medical nutrition therapy nutrition assessment diabetes medications and delivery methods exercise benefits and guidelines comprehensive monitoring blood glucose monitoring preparing and evaluating diabetes education programs counseling skills selecting a nutrition approach expanding meal planning approaches the exchange system carbohydrate counting weight reduction cultural considerations macronutrient influence on blood glucose and health complex and simple carbohydrates in diabetes therapy identifying protein needs lipid metabolism and choices issues in prescribing calories low calorie sweeteners and fat replacers fiber metabolism making food choices life stages children and adolescents pregnancy and diabetes caring for older persons and nutrition and specific clinical conditions renal disease hypertension eating disorders surgery gastrointestinal issues dental care HIV AIDS etc

The Official Pocket Guide to Diabetic Food Choices American Diabetes Association ADA, 2015-09-15 Completely updated to match the newest edition of Choose Your Foods Food Lists for Diabetes Meal Planning this pocket sized guide is now better and more complete than ever Every day and at every meal millions of people use the food list system to plan meals make healthier choices and better estimate portions This proven system is the most popular approach to diabetes meal planning and has been used by dietitians diabetes educators and millions of people with diabetes for more than 70 years This portable version of the Food Lists takes all of the information from the original and repackages it in a format that s perfect for trips to the grocery store or meals on the go Updates include new foods revised portions and updated meal planning tips and techniques With more foods revised portion sizes and the combined knowledge of the American Diabetes Association and the Academy of Nutrition and Dietetics this handy guide is the ultimate meal planning tool for everyone with diabetes

Nutrition Guide for Professionals Margaret A. Powers (RD.), 1988 Abstract This publication is intended to provide guidance concerning diabetes nutrition care The guide emphasizes the need to individualize diabetic meal planning and expands the description of meal planning to include alternatives to the exchange system The exchange system however is the model diabetic diet and receives special attention in this publication Objectives and activities to be used when teaching the use of the exchange lists for meal

planning are outlined The complete nutrient composition data base that was used to develop the 1986 Exchange Lists is included The Diabetes Food and Nutrition Bible Hope Warshaw,Nancy Hughes,2001-06-06 Introducing the American Diabetes Association's first all in one food book a combination of nutrition guideline menu planner and cookbook Readers will learn how to shop plan nutritious meals and cook low fat and healthy foods The Diabetes Food and Nutrition Bible is divided into three sections Meal Planning Healthy Shopping for fruits vegetables protein etc and Recipes using the ingredients from the previous section Helpful sidebars throughout the text will offer helpful cooking and nutrition tips **Nutrition in Diabetes: A Guide** Charu Kartik,2020-04-01 A comprehensive text book by Wolters Kluwer Lippincott covering all key features that are very helpful for the medical students **Can I Eat That?** Jenefer Roberts,2016-05-05 Written in a chatty and non medical style Can I Eat That guides people through the initial and sometimes frightening stages which follow diagnosis of Type 2 diabetes It contains an explanation of the nutritional factors behind the disease and the nutritional factors in foods that are tolerated and brings these factors together in advice on the choice and the cooking of beneficial and tasty foods The book also contains over 100 various recipes for healthy nutritious and above all enjoyable meals suitable for people with Type 2 diabetes *The UCSD Healthy Diet for Diabetes* Susan Algert,Annie Durning,1991-03 A Comprehensive nutritional guide and cookbook with over 200 gourmet kitchen tested recipes from around the world **American Diabetes Association Guide to Nutrition Therapy for Diabetes** Alison B. Evert, MS, RDN, CDE,Marion J. Franz, MS, RDN, CDE,2017-05-15 Nutrition therapy is an essential component of effective diabetes management Healthcare providers need to stay current on new developments in nutrition therapy and specific interventions for a wide range of patient populations and special circumstances in order to provide the best possible outcomes for their patients Revised and updated to incorporate the latest research and evidence based guidelines the third edition of the American Diabetes Association Guide to Nutrition Therapy for Diabetes is a comprehensive resource for the successful implementation of nutrition therapy for people with diabetes Topics covered include Macronutrients and micronutrients Nutrition therapy for pregnant women youth older adults and people with prediabetes Nutrition therapy for hospitalized and long term care patients Celiac disease eating disorders and diabetes complications Cost effectiveness of nutrition therapy health literacy and numeracy and community based diabetes prevention programs *American Diabetes Association Guide to Nutrition Therapy for Diabetes* Marion J. Franz,Alison Evert,2012-06-05 Diabetes greatly affects how people's bodies manage the food they eat It is essential that people with diabetes follow a carefully structured meal plan and learn specific skills in order to better control their blood glucose levels The tactics for helping people manage their diabetes through how they eat is called medical nutrition therapy MNT Here the American Diabetes Association presents all of the key information and strategies for effectively teaching patients how to manage their diets Drawing on the knowledge and expertise of dozens of experts in the field this book covers all of the key topics for implementing successful medical nutrition therapy Topics include Thorough discussion of

nutrients
 Description of MNT for type 1 and type 2 diabetes
 Discussion of providing MNT to special populations including youth and older individuals
 Explanation of the different complications of diabetes such as kidney disease celiac disease and cystic fibrosis and how they impact MNT
 Latest details on new technology used in MNT
 Guidelines and strategies for teaching patients about nutrition therapy and how to use it in their daily lives
 Using MNT to help prevent diabetes

American Diabetes Association Guide to Nutrition Therapy for Diabetes Marion Franz, Alison Evert, 2012-06-05
 Diabetes greatly affects how people's bodies manage the food they eat. It is essential that people with diabetes follow a carefully structured meal plan and learn specific skills in order to better control their blood glucose levels. The tactics for helping people manage their diabetes through how they eat is called medical nutrition therapy (MNT). Here the American Diabetes Association presents all of the key information and strategies for effectively teaching patients how to manage their diets. Drawing on the knowledge and expertise of dozens of experts in the field, this book covers all of the key topics for implementing successful medical nutrition therapy. Topics include:
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 Latest details on new technology used in MNT
 Guidelines and strategies for teaching patients about nutrition therapy and how to use it in their daily lives
 Using MNT to help prevent diabetes

Nutrition Education Resource Guide for American Indians and Alaska Natives, 1988

The Diabetes Carbohydrate and Fat Gram Guide, 5th Edition Lea Ann Holzmeister, 2017-07-11
 The fifth edition of this all-time bestseller is back in a new edition, fully updated and with nearly 8,000 menu and food items. It includes complete nutrition information on everything from fruits and vegetables to fast food and prepackaged frozen meals. Avoid inaccurate and crowd-sourced databases or incomplete nutrition information with the most complete nutrient counter available straight from the source people trust. Each entry contains serving size and calories, carbohydrate, fat, saturated fat, cholesterol, sodium, fiber, and protein. Plus, each entry contains complete exchange information for diabetes meal planning. Complete nutrition information on 8,000 menu and food items. The most comprehensive nutrition resource for people with diabetes. Contains complete nutrition info on calories, carbs, fat, saturated fat, cholesterol, sodium, fiber, and protein, as well as diabetic exchanges for all entries.

5: 2 Diet for Diabetics: Control Your Diabetes for Life Markus Schulz, You can adopt 5:2 approaches to lose weight and help you fight Diabetes, high blood pressure, and cardiovascular disease. Either have 2 meals daily out of 5 from this book or you can select any 2 days in a week to eat recipes from this book. A slow, steady, healthy weight loss using nutritional change and exercise is associated with beneficial effects on the heart, blood pressure, and cholesterol levels. In addition, weight loss can reduce insulin resistance and make muscles and fat tissues more sensitive to circulating insulin levels in the blood. But before you start a diabetes weight loss plan, it's important to work closely with your doctor or diabetes educator because while you're dieting, your blood sugar, insulin, and medications need special

attention Diabetes Dateline ,1979 Diet and Nutrition for People with Diabetes National Diabetes Information Clearinghouse (U.S.),1979 160 entries to print and audiovisual materials of interest to both the public and health professionals Each entry gives bibliographical information price and source Title index **Dr. Sebi Cure for Diabetes** Samantha Plant,2021-10-19 Are you looking for proven methods to prevent and quickly reverse Type 1 and Type 2 Diabetes Do you want a step by step Guide to control your blood sugar levels naturally without taking medicines You know what I have the right solution for YOU I know how difficult it is to try to fit diabetes management into your life And that sometimes it feels like you have to design your lifestyle around it I know how time consuming and exhausting it really is to count and check your blood sugar levels three four or as many as five times a day I also understand that you have been convinced that you just have to deal with it and unfortunately besides medication control there is nothing you can do And that s where you have been lied to Throughout this book I ll share how to do it naturally without medications In this Book you ll find How to naturally heal the pancreas and reverse diabetes type 1 and 2 individually with the alkaline diet The 13 must have herbs to detox your body A weekly meal plan to get started immediately A comprehensive list of good and bad foods The most important signs to know if your detox is working Dr Sebi Cure for Diabetes will help you make successful lifestyle choices to promote health be active eat healthily and thrive not just survive Are you ready to change your life What are you waiting for Click buy now at the top of this page to get started *Desserts for Diabetics* Mabel Cavaiani,Anne Blocker,2002-10-01 People with diabetes no longer have to miss out on scrumptious desserts thanks to this unique collection of more than 200 recipes Here you ll find a variety of tempting recipes for cakes cookies bars pies pastries and puddings including lemon chiffon pie chocolate chip cookies and other traditional favorites as well as special occasion desserts like banana cream pie and raspberry trifle All of these seemingly sinful desserts are suitable for a diabetic diet This revised edition includes new recipes as well as Updated and current food exchange lists from the American Dietetic Association A complete nutritional breakdown of each dessert Recipe adaptations for low sodium and low cholesterol diets Helpful hints on dessert ingredients and preparation Desserts for Diabetics offers the perfect end to every meal it s a must for every diabetic household **FNS** ,1985 **Fast Food and Junk Food** Andrew F. Smith,2011-12-02 This fascinating and revealing work examines the incredible power of junk food and fast food how nostalgic we are about them the influence of the companies that manufacture or sell them and their alarming effect on our country s state of health In the last half century junk food and fast food have come to play an extremely important role in American economic historical cultural and social life Today they have a major influence on what Americans eat and how healthy we are or aren t Fast Food and Junk Food An Encyclopedia of What We Love to Eat tells the intriguing fun and incredible stories behind the successes of these commercial food products and documents the numerous health related environmental cultural and politico economic issues associated with them With more than 700 alphabetically arranged entries this two volume encyclopedia contains enough listings to allow readers to research

a wide range of fascinating topics The author treats the massive amount of subject material within this reference title in a fair and balanced manner A secondary focus of this encyclopedia is to chart the spread of some American fast food chains and commercially produced junk foods internationally

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