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 2000 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 cholesteroi 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 2

% Daily V	/alue*
Total Fat 8 g	10%
Saturated Fat 1 g	596
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	796
Total Carbohydrate 37 g	13%
Dietary Fiber 4 g	1496
Total Sugars 12 g	
Includes 10 g Added Sugars	20%
Protein 3 g	

Protein 3 g	
Vitamin D 2 mg	10%
Calcium 260 mg	20%
Iron 8 mg	45%
Potassium 235 mg	696

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





Nutritional Guide For Diabetics

Patrick Vollmar

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