

Diabetes Education

NUTRITION FACTS ON FOOD LABELS

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	8%
Total Sugars 12g	24%
Includes 11g Added Sugars	22%
Protein 3g	6%
Vitamin D 2mcg	40%
Calcium 260mg	26%
Iron 8mg	16%
Potassium 235mg	47%

* 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.

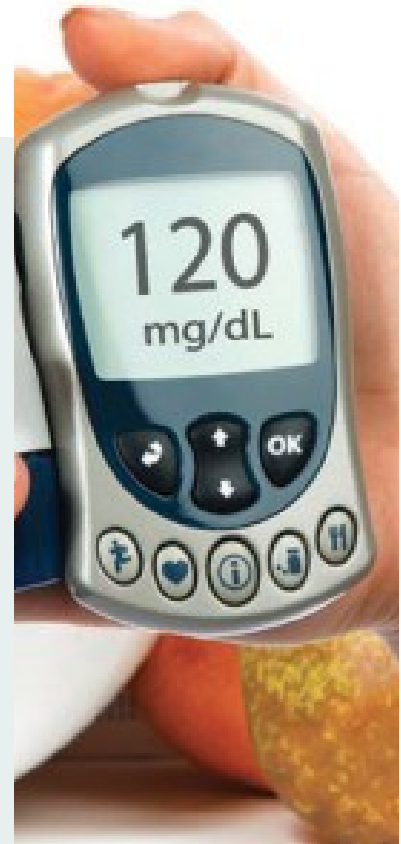
Look at the servings per container. This number tells you how many *servings* are in the package.

In this section look for foods that have *lower Percent Daily Values* (%DV). Best to aim for 5% or less.

Look at the total *carbohydrate* (carbs). Check the amount of total carbs instead of just the amount of sugar. This example has 37g which is about 2 carb choices.

Daily fiber intact should be 28g. *Dietary fiber* value on a label can only include healthy sources of fiber.

In these sections look for foods that have *higher Percent Daily Value* (%DV) Best to aim for 20% or more.



HEALTHY CHOICES

- “Good” carbohydrates include: *High fiber, whole grains and ancient grains.*
- “Bad” carbohydrates include: *High sugar, Refined grain like white flour and over-processed grains such as cereals.*

MYTHS

- GMO food is dangerous
- Processed foods are unhealthy
- Organic food is more nutritious
- Non-caloric sweeteners cause obesity
- Processed foods affect our immune system.