Label Reading Basics for Diabetes

Serving Size
- The serving size is the portion size used for all the values on the label.
- Different foods have different serving sizes.
- The serving size on this label is 2/3 cup.

Servings per Container
- Indicates the number of servings in the container.
- There are 8 servings in this container, each serving is 2/3 cup.

Total Carbohydrates
- Indicates the total amount of carbohydrate per serving size of this product.
- One carb choice of a food has about 15 grams of total carbohydrate.
- This food has 37 grams of carbohydrate per 2/3 cup serving or approximately 2.5 carb choices.
- Foods high in dietary fiber may provide better glucose control after and between meals.

Nutrition and Food Services (05/2020)
www.nutrition.va.gov
Total Fat
• Indicates the total amount of fat in one serving of this product.
• This food has 8 grams of fat per 2/3 cup serving.
• A food is considered low fat if it has 3 grams of fat or less for every 100 calories.
• Limit saturated fat to 1 gram or less for every 100 calories.
• Avoid trans fats.

Sodium
• Indicates the total amount of salt in one serving of this product.
• This food has 160mg of sodium per 2/3 cup serving.
• It is suggested to limit salt intake to 1500mg per day when you have diabetes (2300 mg or less if you have pre-diabetes).
• Things you can do:
  o use fresh, low sodium frozen, or no salt added/ low-sodium canned food
  o Limit processed foods and dining out
  o Don’t add salt to food

% Percent Daily Values
• This area refers to the percentage of the daily recommended amount of each nutrient listed.
• The percentages are based on a 2,000 calorie per day meal plan. You may have different calorie goals for the day.

Example
If a person eats 1 1/3 cup of this food, they will have eaten 2 servings. 2 Servings =
• 460 calories
• 16 grams of fat
• 320 mg sodium
• 72 grams of total carbs (5 carbohydrate choices)
• 8 grams of fiber