

# Nutrition Facts

Serving Size (76g)  
Servings Per Container

Amount Per Serving

**Calories 80**      **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**      **7%**

Saturated Fat 2.5g      **12%**

**Cholesterol 25mg**      **9%**

**Sodium 150mg**      **6%**

**Total Carbohydrate 2g**      **1%**

Dietary Fiber less than 1g      **2%**

Sugars 1g

**Protein 7g**

Vitamin A 2%      •      Vitamin C 2%

Calcium 6%      •      Iron 4%

\*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     |
| Saturated 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     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Serving Size**  
**Number of servings per container**

**Calories per serving**

**Grams per serving:**  
**Fat**  
**Sodium**  
**Carbohydrate**  
**Protein**

# Nutrition Facts Label

The Nutrition Facts label on food contains information that can be helpful to people with diabetes.

## **SERVING SIZE**

Compare this to the serving size listed with the Diabetes Food Guide Pyramid. For example the serving size listed on a bottle of orange juice is 8 oz., but the serving size listed with the Diabetes Food Guide is  $\frac{1}{2}$  cup which is 4 oz. When you are comparing similar products, be sure the serving sizes are the same.

## **SERVINGS PER CONTAINER**

Look carefully at the number of servings per container. A container that appears to be one serving may have more than one serving.

## **AMOUNT PER SERVING**

The amount of calories and nutrients listed on the label applies to one serving, not necessarily all the food in the container.

## **CALORIES**

Calories are a measure of the amount of energy in food. You can compare the amount of calories in similar products if the serving sizes are the same.

## **TOTAL FAT**

Look at both the amount of calories and the amount of total fat when comparing the “regular” and “low fat” version of a food. Low fat doesn’t necessarily mean low calorie.

## **SATURATED FAT**

Saturated fat comes mainly from animal based foods. Saturated fat raises total cholesterol and LDL cholesterol levels in the blood. Look for foods with less saturated fat.

## **TRANS FAT**

Trans fat is found mainly in processed foods. Trans fat also raises total cholesterol and LDL cholesterol levels in the blood. Starting in 2006 trans fat must be listed on the label. Look for foods with little or no trans fat.

## **CHOLESTEROL**

Cholesterol is found in animal based foods. Cholesterol intake should be 300 mg. or less per day.

## **SODIUM**

In general sodium intake should be less than 2,400 mg. per day. Look for foods that contain 400 mg of sodium or less per serving. For a convenience dinner or entr\_e, look for one that contains 800 mg of sodium or less. People with kidney disease may need to have a lower daily sodium intake.

## **TOTAL CARBOHYDRATE**

**This is probably the most important information for a person with diabetes.**

Remember that 15 grams of carbohydrate is a serving. By looking at the grams of total carbohydrate you can figure out how many servings of carbohydrate a food has. Most foods don't have exactly 15 grams of carbohydrate. The table below can be helpful in estimating carbohydrate servings.

| Carbohydrate servings | Target grams of carbohydrates | Range of grams of carbohydrates |
|-----------------------|-------------------------------|---------------------------------|
| 1                     | 15                            | 8-22                            |
| 2                     | 30                            | 23-37                           |
| 3                     | 45                            | 38-52                           |
| 4                     | 60                            | 53-65                           |

## **DIETARY FIBER**

A food that contains 5 grams of fiber or more per serving is considered "high fiber". A food that contains 2.5 to 4.9 grams of fiber per serving is considered a "good source" of fiber.

## **SUGARS**

A food product that states "no added sugar" or "sugar-free" can still contain other carbohydrates. Look at **Total Carbohydrate**, not just at Sugars to see if a food will raise blood sugar.

## **PROTEIN**

Meats contain saturated fat and cholesterol as well as protein. Choose the leanest cuts of meat. Choose low fat cooking methods for meat, poultry and fish. People with kidney disease may need to restrict the amount of protein that they can eat each day.