

Prepared for: _____ Date: _____

Prepared by: _____ Contact: _____

Diabetes and how to read labels

Read the Nutrition Facts on food labels to find out what nutrients a food contains.

- Nutrition Facts are based on a standard serving size. However, that serving size may not be the same as the serving used in carbohydrate counting.
- Always start by checking the portion size from the label. Will this be the serving size you'll eat? How many servings are in the package?
- Then, look at the total carbohydrates listed in grams (g). To find the number of carbohydrate servings in 1 standard serving of a food, divide the total grams of carbohydrate by 15. One (1) carbohydrate serving in that food is equal to the amount that contains 15g of carbohydrate.
- You don't need to count the grams of sugar. They are included in the total carbohydrates
- The label shows the number of calories in a standard serving. It also shows the amount of fat, cholesterol, sodium, protein, and some vitamins and minerals. Talk to your registered dietitian or diabetes educator to find out what your goals are regarding these nutrients.
- Look below the line that shows the total fat to see how much is saturated or trans fat. Choose foods low in these types of fats, as they are not healthy for your heart. In the healthiest foods for your heart, the grams of saturated and trans fat add up to less than one-third of the total fat grams.
- If the foods are very low in calories (less than 20 calories per serving) or carbohydrates (less than 5g of carbohydrates per serving), you do not need to include them in your carbohydrate count. Consult your registered dietitian nutritionist or diabetes educator about these “unrestricted” foods.

Nutrition Facts/Datos de Nutrición	
8 servings per container/8 raciones por envase	
Serving size/Tamaño por ración	2/3 cup/2/3 taza (55g)
Amount per serving/Cantidad por ración	
Calories/Calorías	230
<small>% Daily Value*/Valor Diario*</small>	
Total Fat/Grasa Total 8g	10%
Saturated Fat/Grasa Saturada 1g	5%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 160mg	7%
Total Carbohydrate/Carbohidrato Total 37g	13%
Dietary Fiber/Fibra Dietética 4g	14%
Total Sugars/Azúcares Total 12g	
Includes 10g Added Sugars/Incluye 10g azúcares añadidos	20%
Protein/Proteínas 3g	
Vitamin D/Vitamina D 2mcg	10%
Calcium/Calcio 260mg	20%
Iron/Hierro 8mg	45%
Potassium/Potasio 235mg	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.
* El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.