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READING FOOD LABELS

Food labels have just about everything you need to know to make type 2 diabetes–friendly food choices. So, it's important that you know how to read them. Here's how.

Talk to your doctor about what nutrition plan is best for you.

Print this card and use it as a reference the next time you go grocery shopping.

SERVING SIZE

What you eat is important, but so is how much you eat. Serving sizes let you know the amount of nutrients and calories you get with each serving. All of the nutrition information below corresponds to one serving size. Most packages contain more than one serving, so don't confuse serving size with servings per container.

TOTAL FAT

Look at the amount of fats in each serving. Labels will include fats that are good for you (mono- and polyunsaturated fats) and ones that aren't (trans and saturated fats).

PROTEIN

Protein is an essential nutrient in any healthy diet. Look for low-fat milk products, lean cuts of meat and low to moderate amounts of poultry and seafood.

Nutrition Facts

Serving Size 1 cup (55g)

Servings Per Container About 12

Amount Per Serving

Calories 125 *Calories from Fat* 15

%Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 2mg **1%**

Sodium 100mg **4%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **7%**

Sugars 13g

Includes 10g Added Sugars **20%**

Protein 15g

Vitamin A 20%

Vitamin C 25%

Calcium 20%

Iron 16%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	55g	75g
Saturated Fat	Less than	10g	12g
Cholesterol	Less than	1,500mg	1,700mg
Total Carbohydrate		250mg	300mg
Dietary Fiber		22mg	31mg

CALORIES

Check calories. Your health care provider will let you know how many calories you should eat each day.

TOTAL CARBOHYDRATE

This includes sugars, starches, and fiber. % Daily Value (DV) of total carbohydrate tells you the DV of carbohydrates in a product. If your doctor told you to count carbs as part of your type 2 diabetes management plan, this is a very important place to look. Carbohydrates break down into sugar in the body.

SUGARS

Sugars raise blood sugar quickly. Foods with high amounts of added sugar can cause blood sugar spikes.

HERE ARE SOME QUICK WAYS TO MEASURE.

When you're dining out or if you don't have measuring cups or scales with you, you can use your hand. It's not exact, but it may help you choose servings.



Your fist is about 1 cup.



Your palm is about 3 ounces.



Your thumb tip is about 1 tablespoon.

Your fingertip is about 1 teaspoon.

Want more resources? MyType2Tips.com has videos, tools, and recipes that help you make eating type 2 diabetes–friendly.