



# 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.

**Franklin Becker**  
CELEBRITY CHEF

Paid spokesperson of Novo Nordisk.

## 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). You should try to avoid foods that are high in trans and saturated fats.

## PROTEIN

Protein is an essential nutrient in any healthy diet. To avoid cholesterol and saturated fats, choose low-fat milk products, lean cuts of meat and poultry, and seafood.

Nutrition Facts	
Serving Size 1 cup (55g)	
Servings Per Container About 12	
Amount Per Serving	
<b>Calories</b> 125	Calories from Fat 15
%Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 13g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 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. So, try to avoid foods with high amounts of added sugar.

## 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 tips? [MyType2Transformation.com](https://www.MyType2Transformation.com) has videos, tools, and resources that help you make eating type 2 diabetes–friendly.

