

Nutrition for Life

Making Choices Using Food Labels

Nutrition Facts	
Approx. 14 servings per container	
Serving size 1 slice (48g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Total Sugar 1g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 25mg	0%
Iron .7mg	4%
Potassium 60mg	0%
* 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.	

INGREDIENTS:
WHOLE WHEAT FLOUR, WATER,
CRACKED WHEAT, WHEAT BRAN, HONEY,
MOLASSES, SOYBEAN OIL, SALT, YEAST

Things to Look for First

Servings per Container: Servings per container tells you how many servings are in the package.

Serving Size: The serving size is how much a person usually eats or drinks.

In this food label the container has 14 servings and each serving is 1 slice of bread.

Calories: Calories provide our bodies with energy. The three nutrients that provide calories are: carbohydrates, fats and protein.

How to Use the Serving Size Information

In this example, the serving size is 1 slice of bread, so 1 slice will provide you with 100 calories, 21 grams of carbs and the same amounts listed of all other items on the nutrition facts label.

If you eat 2 slices, you are having 2 servings. This means you get 2 times the nutrients, so: 200 calories, 42 grams of carbs and double the other items listed.

Ingredients: Ingredients are listed in descending order by weight. This means that the ingredient **used the most** is listed first and the ingredient that is **used the least** is listed last.



Continued >>

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Making Choices Using Food Labels (continued)

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Percent Daily Value:

Daily Value (%DV) is based on the amount of the nutrient you should eat in a whole day. An easy rule of thumb:

- 5% DV or less per serving means you are getting a low source of that nutrient. For nutrients you want to get less of, such as sodium and saturated fat, look for less than 5% DV.
- 20% DV per serving or higher is considered a high source of the nutrient. For nutrients you want to get more of, such as fiber, vitamin D, calcium and iron, look for 20% DV or more.

Saturated Fat: This fat is typically found in animal products and tropical oils. Saturated fat can raise cholesterol and increases the risk of heart disease. Aim for foods low in saturated fat (less than 5% DV).

Sodium: The body uses sodium in many ways, but too much sodium can increase risk of high blood pressure and heart disease. Limit this number to less than 2300 mg per day (equal to about 1 teaspoon of salt). If you have been diagnosed with hypertension (high blood pressure) your goal may be lower.

Total Carbs: This number includes all carbs: sugar (natural and added), starch and fiber. The carbs you eat affect blood sugar levels, so use the total carbohydrate number if counting carbs. When eating carbs, choose carbs from vegetables, whole grains, legumes and fruits instead of from refined grains and added sugar.

Dietary Fiber: a type of carb, this nutrient can improve blood pressure, cholesterol and bowel function. Aim for foods high in fiber (more than 20% DV).

Added Sugars: This number shows the grams of sugar added to a product from sugar, syrups and caloric sweeteners. Aim for little to no added sugar when picking most food and beverages.

For more detailed information about the nutrition label and healthy eating, talk to your doctor, registered dietitian (RD/RDN) or certified diabetes care and education specialist (CDE/CDCES).



Diabetes Self-Management Education and Support Services—Start here to find local ADA-recognized diabetes education programs. These services focus on your concerns about diabetes. They will also empower you with the knowledge and skills to manage your diabetes. You can find a program in your area at diabetes.org/findaprogram.