

READING LABELS

What to Look for in Reading Food Labels

Carbohydrate is the part of food that raises your blood sugar the most. Starch and sugar in foods are carbohydrates. You can control your blood sugar by limiting how much carbohydrate you eat at one time. One way is to count the number of servings from food groups at each meal and snack. Another way is to count the grams (g) of carbohydrates in your food. Your dietitian will help you with this. A gram is a very small measure of weight. Packaged food products use the gram measure for their labels. Below are steps on what to look for in reading food labels.

Step 1. How much is one serving?

The first thing to read on the label is the serving size. On this label, one serving is ½ cup. Ignore the “95g” after the serving size. This is the weight of the food, not the carbohydrate.

Step 2. How many grams (g) of carbohydrates are in one serving?

On the food label, look for “Total Carbohydrates.” On this label, ½ cup has 14 grams of carbohydrates. The “Total Carbohydrate” number includes the Fiber and Sugar grams listed below it so you will not have to count them separately.

Step 3. How much am I going to eat?

If you decide to eat 1 cup of this food instead of ½ cup, you have to double the information on the label. For example, one cup of this food will have 160 calories and 28 grams of “Total Carbohydrates”.

Step 4. How can label information help me control my blood sugar?

Your Registered Dietitian can help you with label reading and your meal plan. Whether you are using the food groups in this book or count the carbohydrates you eat each day, food labels can help you control your blood sugar and have a healthy baby.

Nutrition Facts	
Serving Size ½ cup (95g)	
Servings per Container 4	
Amount Per Serving	
Calories 80	Calories from Fat 20
% Daily Values	
Total Fat 2g	3%
Saturated Fat 0 g	0%
Polyunsaturated Fat 1 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0%
Sodium 250 mg	10%
Total Carbohydrates 14 g	5%
Dietary Fiber 4 g	16%
Sugars 2 g	
Protein 3 g	