

Making Healthy 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 **7%**
21g

Dietary Fiber 4g **15%**

Total Sugar 1g

Includes 1g Added **2%**
Sugars

Protein 4g

Vitamin D 0mcg **0%**

Calcium 25mg **0%**

Iron .7mg **4%**

Potassium 60mg **0%**

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 the amount of the food that is represented on the label.

In this food label, the container has 14 servings and each serving is one 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 one slice of bread, so one 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 two slices, you are having two servings. This means you get twice the amount of nutrients—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 >>

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.

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 2,300 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 glucose (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 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.

Talk to your health care provider or registered dietitian (RD) about food labels and your eating plan. Visit diabetesfoodhub.org for more information about food labels.



Find Support That Meets Your Needs: People with prediabetes or those at risk for diabetes can learn more about how to prevent type 2 diabetes at diabetes.org/DPP.

People with type 2 diabetes can find a local American Diabetes Association-recognized diabetes education program at diabetes.org/findaprogram to gain knowledge and skills to manage your

This publication was supported by Cooperative Agreement Number NU58DP006364-03-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.