

# How to read nutrition facts labels

Use these tips and everyday comparisons to help keep track of your portions. It may help you to manage your diet and your health. Talk to your health care team about portions that are right for you.

## Serving size

The ‘Serving Size’ is a certain amount of food. The numbers listed in the nutrition content on the label are based on a single serving.

## Calories

This tells you how many calories are in each serving.

## Fats and cholesterol

Total fat tells you how much fat is in 1 serving of food. Adults should limit total fat to 20% to 35%.

## Nutrition Facts

Serving Size 1/2 cup (114 g)

Servings Per Container 4

### Amount Per Serving

Amount Per Serving		
Calories 90		Calories from Fat 30
		% Daily Value*
<b>Total Fat</b>	3 g	<b>5%</b>
Saturated Fat	0 g	<b>0%</b>
Trans Fat	0 g	<b>0%</b>
<b>Cholesterol</b>	0 mg	<b>0%</b>
<b>Sodium</b>	300 mg	<b>13%</b>

## Saturated fat and trans fat

Saturated fat is in many types of meat and in dairy products made from whole milk. Try to eat less than 7% of calories from saturated fat each day. You can do this by choosing foods with monounsaturated and polyunsaturated fats instead.

## Sodium

Sodium is the same as salt. Aim for less than 1,500 mg per day. Start by using less, or no table salt.



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# DIABETES

## Carbohydrates, fiber, and sugars

Carbohydrates, also called carbs, are your body's main source of energy.

Carbohydrate foods raise your blood sugar levels.

Try to eat 25 to 30 grams of fiber each day.

Watch out for foods labeled sugar-free.

It may not mean there is no sugar. Instead it may mean no sugar added. These foods may be high in calories and carbs. Read the label carefully.

To help control your blood sugar, watch your total carbohydrate grams rather than just your sugar grams.

## Protein

Choose lean meats, low-fat dairy foods, or meat substitutes, such as cheese and soy products.

## Vitamins and minerals

The best source of vitamins and minerals is food, not supplements like daily vitamins.

**Total Carbohydrate** 13 g **4%**

Dietary Fiber 3 g **12%**

Sugars 3 g

**Protein** 3 g

Vitamin A 80% • Vitamin C 60%

Calcium 4% • Iron 4%

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

		Calories	2,000	2,500
Total Fat	Less than	65 g	80 g	
Sat. Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300 g	375 g	
Fiber		25 g	30 g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Percent daily value

The Percent (%) Daily Value shows how much of each nutrient is in 1 serving of food, compared to what you should eat for the whole day. It is based on a 2,000-calorie diet. If your meal plan has you eating more or fewer calories per day, than these numbers will be different.

