

# HOW TO READ FOOD LABELS

Measuring and estimating are great ways to learn portion sizes. Reading food labels can help you learn portion sizes. It can also open up your world to healthy eating! Food labels will let you fit any food into your healthy meal plan.

Let's look at this food label for a whole grain cereal:

## Step 1. Look at the "Serving Size."

That will tell you the size of the serving that the nutrition facts are for. This does not always have to be your portion size. The amount of calories will increase as the portion size increases.

This label says if you eat  $\frac{3}{4}$  cup of this cereal, you will get 100 calories, 0.5 grams of fat, 23 grams of total carbohydrates, and 3 grams of dietary fiber.

## Step 2. Look at the grams of "Total Carbohydrate."

That will tell you how much total carb you are eating in each serving. You don't even have to look at "Sugars" on the label.

- ▶ Try choosing foods that are less than or equal to 25 grams of total carbohydrate per serving.
- ▶ Choose foods that have 3 or more grams of fiber per serving.

## Step 3. Look at the "Calories" and the "Total Fat."

Try choosing foods that are 0-3 grams of total fat for every 100 calorie serving. Another way to choose is by looking at the "% Daily Value" for fat. Choose foods that are 5% to 8% or less of the daily value for total fat.

Remember, if you eat more than the serving size, you are getting more calories, fat, and carbs. For example, if you eat 1.5 cups of this cereal, you are getting 2 times the amount of everything. You will be eating 200 calories, 1 gram of fat, 46 grams of carbs, and 6 grams of dietary fiber.

### Nutrition Facts

Serving Size  $\frac{3}{4}$  cup (30g)

Amount Per Serving

**Calories** 100

Calories from Fat 4

% Daily Value\*

**Total Fat** 0.5 g **1%**

Saturated Fat 0.1 g **1%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 190 mg **8%**

**Potassium** 90 mg **3%**

**Total Carbohydrate** 23 g **8%**

Dietary Fiber 3 g **11%**

Sugars 5 g

Sugar Alcohols

**Protein** 2 g

**Vitamin A** 500 iu **10%**

**Vitamin C** 60 mg **100%**

**Calcium** 1000 mg **100%**

**Iron** 18 g **100%**

**PHYSICAL ACTIVITY**

**Make a Plan**

- ▶ Choose exercises that you will enjoy.
- ▶ Start your exercise plan slowly. Then you can build up your time, effort, and energy levels to be active every day.

- ▶ Notice how exercise affects your weight and blood sugar levels.
- ▶ See that you feel good and have more energy!

Keep track of what you're doing. You can look back and see how much you have done. Use a chart to keep track of your activity.

ACTIVITY/ EXERCISE	DAY/DATE	LENGTH OF TIME	NOTES	BLOOD SUGAR?
<b>Sample:</b> basketball	Monday, 11/19/12	1 hour	Played ball with friends. Good work out and fun!	A little high today but came down after basketball

**Manage Diabetes with STAR**

Managing diabetes means making choices—some easy, some hard. When faced with a decision, think STAR:

**STOP** before you make a decision.

**THINK** about your choices. Consider how they will affect you.

**ACT** on the better choice for your health. Small steps add up to big results!

**REFLECT** on your progress. Give yourself credit for healthy choices.