

Label Reading for Carbohydrate Counting

Reading nutrition labels can be tricky but is very important for carb counting. Here are some tips to help with carb counting:

1. Serving Size & Servings per Container:

Check the serving size and servings per container carefully. The nutrition information is for a single serving – not the whole container.

2. Total Carbohydrate:

Total carbohydrate you should use to tell how many grams of carb you are eating. REMEMBER to multiply by the number of servings you are eating.

3. Dietary Fiber:

Dietary fiber is very important for health and foods high in dietary fiber can have a less dramatic effect on blood sugar. Foods with 2-5 grams of dietary fiber per serving are considered a good source of fiber.

Nutrition Facts	
Serving Size 1 Container (8 oz.)	
Amount Per Serving	
Calories 127	Calories from Fat 4
% Daily Value*	
Total Fat <1g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 175mg	8%
Total Carb 17g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 13g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 2%

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

Food labels will also give you a lot of other information to help you eat healthy such as Calories, Total Fat, Saturated Fat, Trans Fat, and Sodium. In general aim for lower values of all of these. Your dietitian help you practice label reading.