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Food Label - English

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Description

Illustrated food label for diabetics to explain how to identify total carbohydrates.

Keywords

Diabetes, Patient Education, Food Label, Carbohydrates

Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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How to read the nutrition facts label

Nutrition Facts

8 servings per container

Serving size ½ cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 15g 15%

😊 Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

To find how many carbohydrates are in a food:

Look at the **Serving size**:

- It is ½ cup.
- Is this how much you will eat?

Look at **Total Carbohydrate**:

- Total carbohydrates are listed in Grams or g
- Total carbohydrate tells you **all** the carbohydrate in this food.
- This is how much sugar will go into your blood.
- Total carbohydrate on this label is 15 grams
- 15 grams of carbohydrate is 1 tablespoon of sugar

15 g =



Fiber is good for you. 😊



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