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Food Label - Spanish

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Description

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

Keywords

Diabetes, Food Label, Carbohydrates, Patient Education

Disciplines

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

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Forma de leer la etiqueta sobre los hechos de la nutrición

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

Para saber cuántos carbohidratos hay en un alimento:

Vea el tamaño de la **Porción**:

- Es de media taza
- ¿Esto es todo lo que usted va a comer?

Vea el **Total de los Carbohidratos**:

- El total de los carbohidratos aparecen en gramos o con una “g.”
- El total de los carbohidratos le indican a usted **todos** los carbohidratos que tiene este alimento.
- Esta es la cantidad de azúcar que entrará a su sangre.
- El total de carbohidratos en esta etiqueta es de 15 gramos
- 15 gramos del carbohidrato es 1 cucharada de azúcar

15 g =



La fibra es buena para usted.

