2-2018

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

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

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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. 😊