

2-2018

Food Label - English

Michele Spatz

Pacific University, mspatz@pacificu.edu

Ruth Dallas

Virigina Garcia Memorial Healthcare Clinic, rdallas@vgmhc.org

Follow this and additional works at: <https://commons.pacificu.edu/det>

 Part of the [Endocrine System Diseases Commons](#), and the [Nutritional and Metabolic Diseases Commons](#)

Recommended Citation

Spatz, Michele and Dallas, Ruth, "Food Label - English" (2018). *Diabetes Education Tools*. 26.
<https://commons.pacificu.edu/det/26>

This Article is brought to you for free and open access by the Patient Education Tools at CommonKnowledge. It has been accepted for inclusion in Diabetes Education Tools by an authorized administrator of CommonKnowledge. For more information, please contact CommonKnowledge@pacificu.edu.

Food Label - English

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

Rights

Terms of use for work posted in CommonKnowledge.

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. 😊