

# Understanding Nutrition Labels

## Are you getting enough—or too much?

Serving sizes, carbs, fiber... understanding these and other important nutrients and additives is a big part of eating healthy. The best place to find that information is on a nutrition label, but how do you make sense of it? Here are a few tips.



### ▶ Serving size

All the information on a label will be based on 1 serving, so be sure you know how much that is! **Remember:** Packages/cans often contain more than 1 serving.

### ▶ % Daily Value

The FDA makes recommendations for how much of each nutrient to eat in a day. The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet of 2,000 calories a day.

- **5% or less** = low in that nutrient
- **20% or higher** = high in that nutrient

### ▶ Total fat

A low-fat food contains 3 grams of fat or less per serving. Look for items that have **little saturated fat** and **no trans fat**.

### ▶ Total carbs

You'll want to note this number if you're counting carbs.

- **Dietary fiber:** Your body doesn't digest fiber, so it doesn't affect your blood glucose. It also helps you feel full after eating and may lower your cholesterol level.
- **Total sugars:** Sugars raise your blood glucose quickly, so it's best to avoid foods that are high in sugar or have added sugar.

## Nutrition Facts

8 servings per container  
**Serving size** 1/2 cup (55 g)

**Amount per serving**  
**Calories** 230

	<b>% Daily Value*</b>
<b>Total Fat</b> 8 g	<b>10%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 160 mg	<b>7%</b>
<b>Total Carbohydrate</b> 37 g	<b>13%</b>
Dietary Fiber 4 g	<b>14%</b>
Total Sugars 12 g	
Includes 10 g Added Sugars	<b>20%</b>
<b>Protein</b> 3 g	
Vitamin D 2 mg	10%
Calcium 260 mg	20%
Iron 8 mg	45%
Potassium 235 mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Looking for more about diabetes-friendly eating?  
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# Understand Nutrition

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## **Understand Nutrition:**

The Top Books of the Year Understand Nutrition The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Understand Nutrition : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Understand Nutrition : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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### **Understand Nutrition Introduction**

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