

Type 2 diabetes and healthy eating:

use food nutrition labels as your guide

Nutrition Facts		
Serving Size 1/2 cup (114 g)		
Servings Per Container 4		
Amount Per Serving		
Calories 90	Calories from Fat 30	
% Daily Value*		
Total Fat 3 g	5%	
Saturated Fat 0 g	0%	
Trans Fat 0 g		
Cholesterol 0 mg	0%	
Sodium 300 mg	13%	
Total Carbohydrate 13 g	4%	
Dietary Fiber 3 g	12%	
Sugars 3 g		
Protein 3 g		
Vitamin A 80%	Vitamin C 60%	
Calcium 4%	Iron 4%	
*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories 2,000	2,500
Total Fat	Less than 65 g	80 g
Sat. Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Fiber	25 g	30 g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

Additional nutrients may be listed on some food labels.

g = grams (about 28 g = 1 ounce)
 mg = milligrams (1,000 mg = 1 g)

Serving Size

- All the nutrition facts on a food label are based on a certain amount of the food, called a serving size.
- Serving sizes are important, especially if you are trying to lose weight.
 - A serving may be larger or smaller than the amount of food you usually eat or should eat.
- To see how your portions compare, measure 1 serving on the food label and see if it is the same as the amount you usually eat.
- NOTE: The serving size is almost always *not* the amount of food in the package, even a small package.

Calories

- This tells you how many calories each serving of this food will add to your daily total.
- Ask your healthcare provider (HCP) how many calories you should eat each day. This is especially important if you are trying to lose weight.

Total Fat

- Try to limit the amount of fat you eat.
- A gram of fat has more calories than a gram of any other nutrient.
 - Eating too much fat can make it harder to control your weight and can increase your risk of heart disease.
- Ask your HCP how much and what kind of fat you should eat every day.

Saturated Fat and Trans Fat

- Avoid foods with saturated fat and *trans* fat if possible.
 - Both can increase your cholesterol.
 - High cholesterol may increase your risk of heart disease.
- Saturated fat is found in many types of meat and in dairy products made from whole milk.
 - Most people with diabetes should eat less than 15 grams of saturated fat each day.
- *Trans* fats are common in cookies, crackers, and other foods that may need to stay on the shelf for a long time.

Cholesterol

- Limit yourself to less than 200 mg of cholesterol a day.
- Too much cholesterol can increase your risk of heart disease.
- Many foods that come from animals—such as meats, fish, eggs, and whole-milk dairy products—contain cholesterol.

Sodium

- Limit the amount of sodium (salt) you eat to less than 2,400 mg each day. Start by using less (or no) table salt.
- Too much sodium can worsen high blood pressure in some people. Many people with diabetes also have high blood pressure.
- Frozen and canned foods often have lots of sodium, so check the labels first.

Nutrition Facts

Serving Size 1/2 cup (114 g)

Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3 g **5%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 300 mg **13%**

Total Carbohydrate 13 g **4%**

Dietary Fiber 3 g **12%**

Sugars 3 g

Protein 3 g

Vitamin A 80% • Vitamin C 60%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Total Carbohydrate

- Carbohydrates (or carbs) are your body's main source of energy.
- You need some carbs in your diet every day. It is not a good idea to stop eating them.
- Talk to your HCP about the amount of carbs you should include in your meal plan. Carb-counting can help you control your diabetes.
- Carbs are measured in grams on the nutrition label.

Dietary Fiber

- Try to eat a variety of foods that contain fiber to reach 25 to 30 grams each day.
- Many fruits, vegetables, whole-grain foods, beans, and legumes are high in fiber.
- Eating the right amount of fiber each day can help lower your blood sugar and cholesterol, which lowers your risk of complications from diabetes.

Sugars

- Foods labeled "sugar-free" may be high in calories and carbs.
- Milk and fruit are some of the healthy foods you should keep in your diet, even though they contain sugar.
- To control your blood sugar, watch your total carbohydrate grams rather than sugar grams.

Protein

- Ask your HCP how much protein you should eat each day.
- Most adults get enough protein every day but need to choose the right kinds of protein.
 - Choose lean meats, low-fat dairy foods, and beans or meat substitutes (such as tofu) for most of your protein.

Vitamins and Minerals

- The best source of vitamins and minerals is food.
- Try to get 100% of your vitamins and minerals from food. This will help you make healthy food choices.

Daily Values

- The Percent Daily Values will tell you how well a food provides your daily needs for that nutrient.
- If the number is 20% or more, that food is a good source for that nutrient.
- The daily value percentages apply to people who eat 2,000 calories each day.
 - If you eat less than 2,000 calories a day, your daily values will be higher.

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