

# How to Use a Food Label to Select Foods – English

#### 1. Locate the serving size

- The information on the label is for this serving size.
- · How does it compare to your serving size?

#### 2. Locate the total carbohydrate grams (g)

- Women: 150-180g total carbohydrate per day 45-60g per meal 0-15g per snack
- Men: 200-225g total carbohydrate per day 60-75g per meal
   0-30g per snack
- 15g carbohydrate = 1 carbohydrate serving or "exchange"

### 1. Locate dietary fiber grams (g)

- Aim for 25-35 grams fiber per day.
- Aim for 3-5 grams fiber per serving.
- Fiber does not turn to sugar like other carbohydrate does.
- You can subtract half of the dietary fiber grams from the total carbohydrate grams.

### Total carb grams (30)

- Dietary Fiber grams (10/2 = 5)
- = Net carb grams that you count (30 5 = 25)
- Soluble fiber may help lower cholesterol levels.
- Soluble fiber sources = oats, beans, lentils, vegetables, fruits.

### 2. Locate total fat grams (g)

## • Women Me

60g fat or less per day
15g or less as saturated fat
75g fat or less per day
20g or less as saturated fat

- "Low fat" = less than 3g fat per serving.
- Choose cheese with less than 5g total fat per ounce.
- · Choose frozen entrees with less than 15g total fat each.

### 3. Locate cholesterol milligrams (mg)

- · Aim for 200mg cholesterol or less per day.
- Cholesterol is found in animal foods (meat, egg, milk, cheese, butter, etc.).

### 4. Locate sodium milligrams (mg)

- Aim for 2300mg sodium or less per day.
- Choose frozen entrees with less than 800mg sodium.

#### **Breakfast Cereal**

Serving Size 1 cup Servings per conta	on Fac o (52 g) ainer 8	,ເຣ
Amount Per Serv	ing	
Calories 148	Calories from	n Fat 9
	% Daily V	alue*
Total Fat 1g		2%
Saturated Fat 0	)g	1%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 86mg		4%
Total Carbohydra	ate 30g	10%
Dietary Fiber 10	0g	41%
Sugars 6g		
Protein 14g		
Vitamin A 1	1% • Vitamin C	0%
Calcium 7	7% • Iron	14%
	re based on a 2,000 calo be higher or lower depend	