



Carbohydrate Counting: Guidelines for Reading Food Labels

Nutrition Facts

Serving Size 1 cup (228 g)		
Servings per Container 2		Start here
Amount per serving		
Calories 250	Calories from Fat 110	Check calories
%Daily Value		
Total Fat 12 g		18%
Saturated Fat 3 g		15%
Trans Fat 3 g		
Cholesterol 30 mg		10%
Sodium 470 mg		20%
Total Carbohydrate 31 g		20%
		Limit these
		Count these
		Get enough of these
Dietary Fiber 0 g		
Sugars 5 g		
Protein 5 g		
Vitamin A 4%	Vitamin C 2%	
Calcium 20%	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. You Daily Values may be higher or lower depending on your calorie needs		

Reading a Food Label

- Start with the **SERVING SIZE**. All the listed nutrients are based on this serving size.
- Note that **SERVINGS PER CONTAINER** equals the number of servings contained in the package.

Using a Label to Count Carbohydrates

- **Look at TOTAL CARBOHYDRATE** per serving
- 1 Carbohydrate Choice = 15 grams of carbohydrate

Range of Total Carbohydrate grams per Carbohydrate (CHO) Choice

11-20 gms = 1 CHO choice
 21-25 gms = 1 ½ CHO choice
 26-35 gms = 2 CHO choice
 36-40 gms = 2 ½ CHO choice
 41-50 gms = 3 CHO choice
 51-55 gms = 3 ½ CHO choice
 56-65 gms = 4 CHO choice
 66-70 gms = 4 ½ CHO choice
 71-80 gms = 5 CHO choice

- SUGARS are included in the total grams of carbohydrate.
- If FIBER is 5 grams or more, you may subtract half the total grams of fiber from the total grams of carbohydrate before using the table above.

Using a Label to Make Other Healthful Food Choices

- Choose foods containing the most **FIBER**.
- Keep **SATURATED FAT** as low as you can.
- Avoid **TRANS FAT**.
- Look for the lowest amount of **SODIUM**.
- **Read the INGREDIENTS** to help choose healthy foods.