

# Food Labels

1 carbohydrate serving = 15 grams total carbohydrate

Most people should eat 3-4 servings (45-60g) of carbohydrate at EACH meal.

Check serving size

Check total carbohydrate (Sugars are part of total carbohydrate. Don't count twice.)

| Nutrition Facts            |                       |
|----------------------------|-----------------------|
| Serving Size 1/2 cup (57g) |                       |
| Servings Per Container 15  |                       |
| Amount Per Serving         |                       |
| Calories 230               | Calories from Fat 100 |
| % Daily Value*             |                       |
| Total Fat 11g              | 17%                   |
| Saturated Fat 2g           | 10%                   |
| Trans Fat 0g               |                       |
| Cholesterol 0mg            | 0%                    |
| Sodium 95mg                | 4%                    |
| Total Carbohydrate 32g     | 11%                   |
| Dietary Fiber 3g           | 12%                   |
| Sugars 18g                 |                       |
| Protein 5g                 |                       |

Choose 3g or less

Eat less sodium (salt)

High fiber is good (3 g or more)

## Ingredient List:

- Look for heart-healthy ingredients in the list – (100% whole-wheat flour, olive, canola or peanut oils).
- Remember the main ingredient is listed first on the list
- Choose healthy fats (mono and polyunsaturated) in small portions.
- Choose 'no added salt' foods (especially canned)

# Grocery shopping list

## Fruits:

Fresh, frozen or canned light fruits

## Vegetables:

Fresh, frozen or canned "no added salt"

## Starches:

Whole grain breads and cereals (unsweetened)

Dried beans, lentils, chickpeas

Potatoes, corn, green peas

Brown rice

Whole wheat pasta

Whole wheat, graham and animal crackers

## Dairy Foods:

Skim or 1% milk

Low fat buttermilk

Nonfat or low fat yogurt

Almond milk (check label for carbohydrate)

Part-skim mozzarella cheese

2% cheddar

Low fat or fat free cottage cheese

## Proteins:

Chicken or turkey (take off skin)

Fish (fresh or canned in water)

Lean beef (fillet, sirloin, 90% lean ground meat)

Eggs

Deli meats: low sodium turkey

Tofu

Veggie burgers (check label for carbohydrate)

## Fats:

Canola oil (good for cooking)

Peanut oil

Cooking spray, PAM®

Olive oil (good for salads)

Tub margarine

Light mayonnaise

Light salad dressings (check label for carbohydrate content)

Unsalted nuts

Peanut butter (not swirled with jelly or Nutella®)

Almond or cashew butter

## Beverages:

Club soda or sparkling water

Crystal Light®, Sugar Free Kool-Aid®

Diet sodas (prefer clear colored sodas)

Unsweetened tea

Coffee (no added sugar)

## Others:

Truvia®

Stevia®

Splenda®

Equal®

Sweet n' Low®

Sugar Free Jello

Sugar Free popsicles (check label for carbohydrate)

Mrs. Dash®

Fresh herbs

## Tips:

- Sugar-free doesn't mean carbohydrate-free.
- No sugar added does not mean carbohydrate free.
- Best to choose skim milk (fat free), 1% milk, light yogurt.
- Choose fresh or frozen non-starchy vegetables (3-5 servings minimum per day)