

Reading a “Nutrition Facts” Label

1 carbohydrate serving = 15 grams total carbohydrate

1. Check serving size

Nutrition Facts	
2 servings per container	
Serving size	1 cup (564g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 8g	29%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 7g	

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

Low fat is good
(Choose 3g or less)

Eat less of these
(5% or less)

High fiber is good
(3 g or more)

Ingredient List:

- Choose products with heart-healthy ingredients like 100% whole-wheat flour, olive, canola, or peanut oils.
- Stay away from unhealthy ingredients like hydrogenated or partially hydrogenated oil, sugar, salt.
- Remember the main ingredient is listed first on the list

Grocery shopping list

Fruits:

Fresh or frozen
Canned fruit in water, own juices or light syrup

Vegetables:

Fresh, frozen or canned “no added salt”

Starches:

Whole grain breads
Unsweetened cereals
Dried beans, lentils, chickpeas
Potatoes, corn, green peas
Brown rice
Whole wheat pasta
Whole wheat, graham and animal crackers

Dairy:

Skim or 1% milk
Low fat buttermilk
Nonfat or low fat yogurt
Almond or soy milk (check label for carbs)
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 (sirloin, 90% ground beef)
Fresh lean pork
Eggs
Deli meats (low sodium)
Tofu
Veggie burgers (check label for carb)

Tips:

- Tips:
- “Sugar-free” does not mean carbohydrate-free. The “sugar-free” label means that one serving has less than 0.5 gram of sugar.
- “No sugar added” does not mean carbohydrate free.

Fats:

Canola oil (good for cooking)
Olive oil (good for salads)
Peanut oil
Cooking spray
Light salad dressings (check label for carbs)
Tub margarine
Light mayonnaise
Almond or cashew butter
Unsalted nuts
Peanut butter (not swirled with jelly)

Beverages:

Coffee (no added sugar)
Club soda or sparkling water
Crystal Light, Sugar Free Kool-Aid
Diet sodas (prefer clear colored sodas)
Unsweetened tea

Others:

Stevia
Truvia
Sweet n’ Low
Splenda
Equal
Sugar Free popsicles (check label for carb)
Sugar Free Jello
Fresh herbs
Dash seasoning (formerly Mrs. Dash)