

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)

Leyendo una etiqueta de “Información nutricional”

1 porción de carbohidratos = 15 gramos total de carbohidratos

1. Verifique el tamaño de la porción

Nutrition Facts	
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Includes 0g Added Sugars	0%
Protein 7g	

2. Verifique el total de carbohidratos (los azúcares son parte del total de carbohidratos. No cuente dos veces).

Bajo en grasa es bueno
(Elija 3g o menos)

Coma menos de estos
(5% o menos)

Alto en fibra es bueno
(3 g o más)

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

Frutas:

Frescas o congeladas
Fruta enlatada en agua, sus propios jugos o jarabe ligero

Verduras:

Frescas, congeladas o enlatadas “no added salt” (sin agregar sal)

Almidones:

Panes integrales
Cereales sin azúcar
Frijoles secos, lentejas, garbanzos
Papas, maíz, chícharos
Arroz integral
Pasta integral
Galletas integrales, Graham y animalitos

Lácteos:

Leche descremada o 1%
Suero de leche bajo en grasa
Yogurt descremado o bajo en grasa
Leche de almendras o de soya (verifique la etiqueta/carbohidratos)
Queso mozzarella parcialmente descremado
Queso Cheddar 2%
Queso requesón bajo en grasa o sin grasa

Proteínas:

Pollo o pavo (quitar la piel)
Pescado (fresco o enlatado en agua)
Carne magra (lomo, 90% carne molida)
Carne de cerdo magra fresca
Huevos
Embutidos (bajas en sodio)
Tofu
Hamburguesas vegetarianas (verifique la etiqueta/carbohidratos)

Tips:

- “Sugar-free” (sin azúcar) no significa sin carbohidratos. La etiqueta “sugar-free” significa que una porción tiene menos de 0.5 gramos de azúcar.
- “No sugar added” (sin agregar azúcar) no significa sin carbohidratos.

Grasas:

Aceite de Canola (bueno para cocinar)
Aceite de Oliva (bueno para ensaladas)
Aceite de Maní
Spray para cocinar
Aderezos ligeros para ensalada (verifique la etiqueta/carbohidratos)
Margarina
Mayonesa ligera
Mantequilla de almendras o marañón Nueces sin sal
Mantequilla de Maní (sin Jelly)

Bebidas:

Café (sin agregar azúcar)
Club soda o agua con gas
Crystal Light, Sugar Free Kool-Aid
Refrescos de dieta (prefiera refrescos de color claro)
Té sin azúcar

Otros:

Stevia
Truvia
Sweet n' Low Splenda
Equal
Paletas heladas sin azúcar (verifique la etiqueta/carbohidratos)
Jello, gelatina sin azúcar
Hierbas frescas
Condimentos Dash (antes Mrs. Dash)