

# UNDERSTANDING NUTRITION LABELS

## Learn how to read nutrition labels on packaged foods

**Serving Size:** Always check the serving size to see the portion it reflects. The nutrient amounts shown on the label all refer to the size of one serving.

*In this example, one serving is 1 cup (55g).*

**Total Carbohydrate:** The sum of all carbohydrates in one serving of a product including starch, sugars, and dietary fiber. All, except dietary fiber, will play a role in raising blood sugar and insulin levels.

*This example has 21g of total carbohydrates in one serving.*

**Dietary fiber:** Fiber is an important part of a low carbohydrate lifestyle because it helps you feel full, keeps blood sugar levels steady, and your gut healthy. A well-balanced low carbohydrate lifestyle will include foods high in dietary fiber such as leafy greens, broccoli, cauliflower, peppers, nuts, and seeds.

*This example has 2g of dietary fiber in one serving.*

**Total sugars:** Sugars are part of total carbohydrate and include sugars naturally present in food, like fruit or milk, as well as sugars that have been added to a food, like sweetened beverages and desserts. Regardless of the source, all sugars are absorbed into the bloodstream and raise insulin levels. These should be limited in a low carbohydrate lifestyle.

*This example has 8g of total sugars in one serving.*

**Protein:** Protein helps you feel full and satisfied. Check the label to see how many grams of protein is in a serving of a product. A good source of protein will have at least 7-8g per serving.

*This example has 10g of protein in one serving.*

## Nutrition Facts

10 servings per container

**Serving size** 1 cup (55g)

**Amount per serving**  
**Calories** 165

**% Daily Value\***

**Total Fat** 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0.5g

**Cholesterol** 0mg 0%

**Sodium** 180mg 8%

**Fluoride** 0g

**Total Carbohydrate** 21g 8%

Dietary Fiber 2g 7%

Soluble Fiber <1g

Insoluble Fiber 1g

**Total Sugars** 8g

Includes 6g Added Sugars 12%

**Protein** 10g

Vitamin D 3mcg (80IU) 15%

Calcium 170mg 13%

Iron 3mg 15%

Potassium 140mg 3%

Vitamin C 10mg 11%

Thiamin 0.3mg 25%

Niacin 3mcg 19%

Vitamin B<sub>6</sub> 0.4mg 25%

Biotin 6mcg 20%

Vitamin E 6mg 40%

Phosphorus 112mg 9%

Iodine 15mcg 10%

Zinc 7mg 17%

Manganese 0.3mg 13%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 10 · Carbohydrate 4 · Protein 3