

# Guide to Label Reading

A **healthy meal plan** includes eating a variety of foods.

**Choose:** fruits, vegetables, whole grains, lean meats, poultry, fish and fat-free or low-fat dairy products

**Limit:** saturated fats, *trans* fats, cholesterol, salt (sodium) and added sugars.

## General Guide to Calories

- ~ 40 Calories per serving is low
- ~ 100 Calories per serving is moderate
- ~ 400 Calories per serving or more is high
- ~ Meals and main dishes:  $\leq$  120 calories per 100 grams

## Fat/Cholesterol: Goals per 100 gram of product:

- ~  $<$  3 g total fat per serving
- ~  $\leq$  1 g saturated fat per serving
- ~  $\leq$  20 mg cholesterol per serving

Nutrition Facts		
Serving Size $\frac{1}{4}$ cup (27g)		
Servings Per Container about 16		
Amount Per Serving	Wheaties	with $\frac{1}{2}$ cup skim milk
<b>Calories</b>	100	140
Calories from Fat	5	10
<b>% Daily Value**</b>		
<b>Total Fat</b> 0.5g*	<b>1%</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 190mg	<b>8%</b>	<b>10%</b>
<b>Potassium</b> 95mg	<b>3%</b>	<b>9%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>	<b>11%</b>
Sugars 4g		
Other Carbohydrate 15g		
<b>Protein</b> 3g		

## Trans Fats: Minimize intake

- ~  $\leq$  1 g trans fat per serving
- ~ Avoid foods with the term “hydrogenated” or “Partially hydrogenated” in the ingredient list.

## Sodium Goals: Less than 2400 mg per day

- ~  $\leq$  140 mg per serving (beverages)
- ~  $\leq$  240 mg per serving (snack foods, breads/grains, condiments)
- ~  $\leq$  480 mg per serving (side dishes, soups, lunch meat)
- ~  $\leq$  600 mg per serving (meals/entrees, fast food)

## Fiber Goals: Strive for 25 grams per day

- ~  $<$  age 50: 38 grams a day (men) and 25 g a day (women)
- ~  $\geq$  age 50: 30 grams a day (men) and 21 g a day (women)
- ~ Choose more fruits, veggies, dried beans and whole grains

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