

What are the Basic Diet Principles?

- Eat at regular times – distribute carbohydrate intake throughout the day
- Do not skip meals or go too long without eating
- Read labels to determine how much carbohydrate, fat and protein are in the foods that you eat
- Eat a variety of foods such as fruits, vegetables, whole grain breads, cereals (which increase fiber), lean meats and skim milk
- Drink plenty of water or sugar free beverages.
- Avoid fried foods or foods with lots of saturated fat and cholesterol
- Use alcohol only with the advice of your health care provider and never drink on an empty stomach (can cause blood sugar to go too low)
- If overweight, decrease fat intake and control portion sizes
- Use the diabetes food guide pyramid to guide your food choices through the day
- Eating a healthy diet and exercising work together to improve your health

What's Important to Me on the Food Label?

- Locate the serving size – all of the numbers on the label are for one serving
- Locate total grams of carbohydrate (CHO)
 - 15 grams = 1 CHO food choice
 - Ignore sugar grams
 - A food is high in fiber if it contains 3 grams of fiber or more per serving
- Locate total grams of fat
 - Limit fat to less than 30% of your daily calories
 - Low fat foods have 3 grams of fat or less per 100 calories
 - Balance higher fat foods with lower fat foods
- Locate cholesterol
 - A food low in cholesterol has 20 mg or less per serving
- Locate sodium
 - A low sodium food has 140 mg or less per serving

What Does This Food Label Tell Me?

The new food label can be found on food packages in your supermarket. Reading the label tells more about the food and what you are getting. What you see on the food label – the nutrition and ingredient information – is required by the government. This picture shows what the new label looks like and explains some of its features.

Serving Size
Similar food products have similar serving sizes based on amounts people actually eat. This makes it easier to compare foods.

Nutrition Facts

Serving Size 1 cup (228g)
Serving per Container 2

Amount per Serving

Calories 90 **Calories from Fat 30**

	% Daily Value *
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrates 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A 80%	•	Vitamin C 60%
Calcium 4%	•	Iron 4%

Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	85g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

% Daily Value
Shows how a food fits into a 2,000-calorie diet.

You can use % Daily Value to compare foods and see how the amount of a nutrient in a serving of food fits in a 2,000-calorie diet.

Total Carbohydrates
15 Grams equals 1 Carbohydrate Choice

Vitamins and Minerals
These are the only ones required. Some labels may list other vitamins and minerals.

Daily Values
Numbers set by the government based on current nutrition recommendations.

Label may be listed as 2,000 and 2,500 calories. Your own nutrient needs may be less or more.

Calories per Gram
Approximate number of calories in a gram of fat, carbohydrate and protein.

Why do some food packages have a short or abbreviated nutrition label?

Foods that have only a few of the nutrients required on the standard label can use a short label format. What's on the label depends on what's in the food. Small and medium-sized packages with very little label space can also use a short label.