

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 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.

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.

Calories per Gram

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

Nutrition Facts

Serving Size 1 cup
Servings 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:	2000	2500
Total Fat	Less than	65g	85g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2000	2400
Total Carbohydrates	225 – 250 mg.	275 mg.	
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.

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.

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.