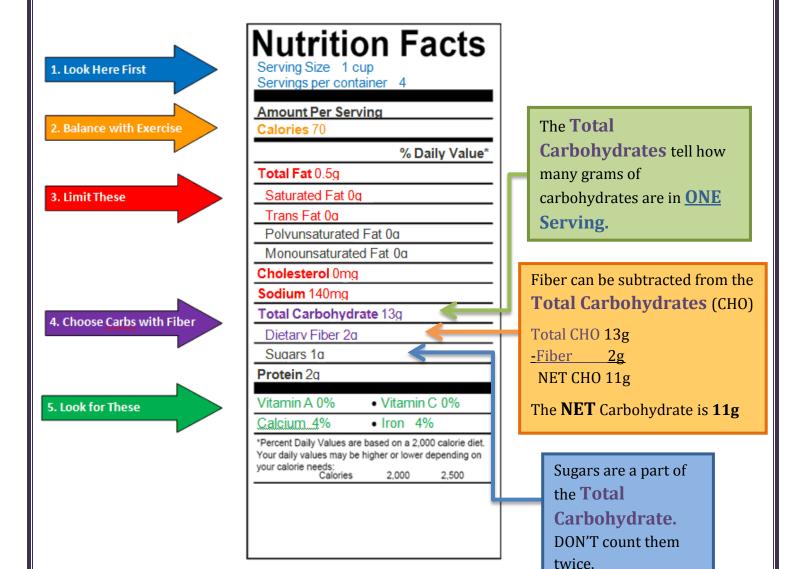
Understanding Nutrition Labels



Understanding Nutrition Labels can really be a useful tool to help manage your diabetes. It can also help you make healthy choices.

Use the 5 Tips listed above

- 1. Pay attention to the **Serving Size**
- 2. Choose foods lower in **Calories**. The more calories you take in, the more activity or exercise you should do throughout the day.
- 3. Choose foods lower in Fat, Cholesterol, and Sodium
- 4. Choose foods high in **Fiber** and add up those **Carbohydrates**
- 5. Try to get your **Vitamins** from fresh fruits or vegetables

If there is only one thing you want to look for on a label, look for the **Total Carbohydrates**. A good rule of thumb for carbohydrates is to aim for **30-60 grams of carbohydrate for each meal** and **15-30 grams for snacks**.