

## Nutrition Facts

Serving Size 1 cup (253g)  
Servings Per Container 4

Amount Per Serving

**Calories 260**    Calories from Fat 120

**% Daily Value\***

**Total Fat 13g**                      **20%**

  Saturated Fat 5g                    **25%**

*Trans* Fat 2g

**Cholesterol 30mg**                **10%**

**Sodium 660mg**                    **28%**

**Total Carbohydrate 31g**        **10%**

  Dietary Fiber 0g                    **0%**

**Sugars 5g**

**Protein 5g**

Vitamin A 4%    ♦    Vitamin C 2%

Calcium 15%    ♦    Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300g
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    ♦    Carbohydrate 4    ♦    Protein 4

An easy way to monitor the amount of carbohydrates consumed is to look at the numbers in the % Daily Value column on the Nutrition Facts Panel.

Foods that contain at least 20 percent carbohydrate per serving contribute high amounts of carbohydrate.

Foods that contain 5 percent or less carbohydrate per serving provide minimal amounts of carbohydrate.

## Dietary Guidelines recommend... Don't sugarcoat it!

### What is carbohydrate and why is it important?

Carbohydrate is a macronutrient that includes all sugars, starches, and fibers in food. In the body, carbohydrates (except fiber) are broken down into sugar, primarily glucose. Glucose is the body's main source of energy and is necessary for the proper functioning of the central nervous system and red blood cells. For the body to function properly a **minimum of 130 grams** of carbohydrate are needed daily.

### Carbohydrate categories

Simple carbohydrates include mono- and di-saccharides (i.e. fruit sugars, table sugars, candy) and tend to be absorbed faster than complex carbohydrates or polysaccharides (i.e. breads, pastas, grains).

The structure of a carbohydrate affects how fast it is absorbed, thus, its effect on blood glucose (blood sugar) levels. This difference in absorption rates is referred to as the glycemic index.

### Low to moderate glycemic foods

cause a slow, gradual rise in blood glucose and maintain the increased energy level for an extended duration.

**High glycemic foods** cause a rapid, sharp rise in blood glucose followed by a fairly rapid decrease that can reduce the amount of energy available and may trigger hunger.

### How do carbohydrates impact diabetes mellitus?

Diabetes mellitus is a condition in which the body does not produce or properly use insulin. Insulin is a hormone that signals body tissues to take glucose from the blood to use

as energy. Without insulin to help take glucose from the blood, high blood glucose can result if too much carbohydrate is consumed. Due to the importance of balancing blood glucose levels, low to moderate glycemic foods are recommended for people with diabetes.

### Using the Nutrition Facts Panel to help manage diabetes

On the Nutrition Facts Panel, the amount of total carbohydrate in a serving of food is listed in grams (g) and as a % Daily Value (%DV). Total carbohydrate on the Nutrition Facts Panel includes sugar, dietary fiber, and other carbohydrates.

Sugar and dietary fiber must appear on the label whereas other carbohydrate is optional. Dietary fiber and sugar also are listed individually under total carbohydrate. It is important to look at total carbohydrate to control blood glucose levels and manage diabetes.

The grams listed beside total carbohydrate, dietary fiber, and sugars are the amounts found in a **single serving** of the food as listed on the label.

### Eating more than a single serving increases the amount of carbohydrate.

On all food labels the % Daily Value is based on a 2,000 calorie diet. For carbohydrates the % Daily Value is based on getting 60 percent of total calories from carbohydrates. For a 2,000 calorie diet that is 300 grams of carbohydrate. If an individual requires more or less calories, the amount of carbohydrate needed—and the % Daily Value—must be adjusted accordingly.

A key message for people with diabetes is “carbs count.” In order to maintain proper blood glucose levels, diabetics must monitor the number of carbohydrates eaten at each meal and snack. All foods with carbohydrates—such as bread, tortillas, rice, pasta, fruit, juice, milk, yogurt, corn, potatoes, and sweets—raise blood sugar levels.

The Nutrition Facts Panel provides the needed information to count carbohydrates in foods and make smart carbohydrate choices. One “carb” choice is defined as a serving of food that contains 15 grams of carbohydrate. Thus, if a food label says that one serving of a food contains 30 grams of carbohydrate, that food would count as two carb choices.

The meal plans suggested for many diabetic individuals include three or four servings of carb choices at each meal plus one or two servings of carb choices for snacks. A registered dietitian can help you determine the right amount of carb choices and use exchange lists to plan your daily diet.

## Health claims

Many manufacturers use health claims in an effort to promote their product. These claims can only be made if a food meets strict government definitions.

Label Claim	Definition*
<b>Sugar Free</b>	Less than 0.5 grams sugar
<b>Reduced Sugar, Less Sugar</b>	At least 25 percent less sugar Example: These cornflakes contain 25 percent less sugar than regular sugar coated cornflakes. Sugar content has been lowered from 12 to 9 grams per serving.

\*Per Reference Amount (standard serving size). Some claims have higher nutrient levels for main dish products and meal products, such as frozen entrees and dinners. The terms “low carb,” “impact carb,” and “net carbs” are not currently defined or regulated.

## Quiz time!

- For proper body function, a minimum of 130 grams of carbohydrate is needed daily.  
**True False**
- One carb choice is defined as a serving of food that provides 15 grams of carbohydrate.  
**True False**
- It is okay to look at sugars alone rather than total carbohydrate when choosing which foods to eat.  
**True False**

Use this label to answer the following questions.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	<b>Total Fat</b> 1.5g	2%	<b>Total Carbohydrate</b> 23g	8%
<b>Saturated Fat</b> 0g	0%	<b>Dietary Fiber</b> 4g	16%	
<b>Trans Fat</b> 0g		<b>Sugars</b> 5g		
<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 5g		
<b>Sodium</b> 250mg	10%			
<b>Calories</b> 110				
<b>Calories from Fat</b> 15				
Vitamin A 0%		Vitamin C 0%		
Thiamin 8%		Riboflavin 4%		
		Calcium 0%		
		Iron 6%		
		Niacin 8%		
		Folic Acid 2%		

\*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
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**INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, BROWN SUGAR, VITAL WHEAT GLUTEN, WHEAT BRAN, HONEY, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SOYBEAN OIL, SALT, DISTILLED VINEGAR, DOUGH CONDITIONER (SODIUM STEAROYL LACTYLATE, MONOGLYCERIDES, ASCORBIC ACID, ENZYMES, AZODICARBONAMIDE), WHEAT GERM, POLYSORBATE 80, WHEAT STARCH. GM 4/28/04

- Based on the definition of a carb choice, if one serving of food was eaten, approximately how many carb choices would that be?
- If one serving of food was eaten, how many grams of carbohydrate would be taken in?

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File: FN 1

Answers:  
1. 1  
2. 1  
3. F  
4. 1.5  
5. 23 grams

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