



Using Food Labels



At your last diabetes check-up, your doctor said you are “high risk” for heart disease. You talked with your doctor about things you can do to lower your chance of having heart disease. One thing you have decided to do is choose heart healthy food when you shop at the grocery store. You just finished a class about food labels today and you are anxious to try your new label reading skills.

For heart healthy eating, you are planning to choose foods with:

- less carbohydrate
- less fat
- less sodium

1. Look at the Compare Carbohydrate labels. Which can of peaches would raise your blood sugar less?

2. Look at the Compare Fat labels.

a. Which mayonnaise has less fat?

b. Which mayonnaise has saturated fat?

c. Which mayonnaise has fewer calories?

2. Look at the Compare Sodium labels. Which juice is a better choice if you want less sodium?

Compare Carbohydrate

Peaches, canned in fruit juice

Nutrition Facts	
Serving Size 1/2 cup (110g) Servings per Container 4	
Amount Per Serving	
Calories 50 Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 0g	
Vitamin A 8% • Vitamin C 2% Calcium 0% • Iron 0%	

Peaches, canned in syrup

Nutrition Facts	
Serving Size 1/2 cup (110g) Servings per Container 4	
Amount Per Serving	
Calories 100 Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 0g	
Vitamin A 2% • Vitamin C 2% Calcium 0% • Iron 0%	

Compare Fat

Mayonnaise, regular

Nutrition Facts	
Serving Size 1Tbsp (14g) Servings per Container 32	
Amount Per Serving	
Calories 100 Calories from Fat 100	
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0%	

Mayonnaise, fat-free

Nutrition Facts	
Serving Size 1Tbsp (14g) Servings per Container 32	
Amount Per Serving	
Calories 10 Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 135mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0%	

Compare Sodium

Tomato Juice

Nutrition Facts	
Serving Size 3/4 cup (17ml)	
Servings per Container 1	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 657mg	27%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 1g	
Vitamin A 6%	• Vitamin C 0%
Calcium 0%	• Iron 5%

Orange Juice

Nutrition Facts	
Serving Size 3/4 cup (17ml)	
Servings per Container 1	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 3mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 1g	
Vitamin A 0%	• Vitamin C 100%
Calcium 0%	• Iron 0%





Using Food Labels



At your last diabetes check-up, your doctor said you are “high risk” for heart disease. You talked with your doctor about things you can do to lower your chance of having heart disease. One thing you have decided to do is choose heart healthy food when you shop at the grocery store. You just finished a class about food labels today and you are anxious to try your new label reading skills.

For heart healthy eating, you are planning to choose foods with:

- less carbohydrate
- less fat
- less sodium

1. Look at the Compare Carbohydrate labels. Which can of peaches would raise your blood sugar less?

- peaches canned in fruit juice

2. Look at the Compare Fat labels.

a. Which mayonnaise has less fat?

- fat-free mayonnaise

b. Which mayonnaise has saturated fat?

- regular mayonnaise

c. Which mayonnaise has fewer calories?

- fat-free mayonnaise

2. Look at the Compare Sodium labels. Which juice is a better choice if you want less sodium?

- orange juice



Compare Carbohydrate

Peaches, canned in fruit juice

Nutrition Facts	
Serving Size 1/2 cup (110g) Servings per Container 4	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 0g	
Vitamin A 8% • Vitamin C 2% Calcium 0% • Iron 0%	

Peaches, canned in syrup

Nutrition Facts	
Serving Size 1/2 cup (110g) Servings per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 0g	
Vitamin A 2% • Vitamin C 2% Calcium 0% • Iron 0%	

Compare Fat

Mayonnaise, regular

Nutrition Facts	
Serving Size 1Tbsp (14g) Servings per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0%	

Mayonnaise, fat-free

Nutrition Facts	
Serving Size 1Tbsp (14g) Servings per Container 32	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 135mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0%	

Compare Sodium

Tomato Juice

Nutrition Facts	
Serving Size 3/4 cup (17ml)	
Servings per Container 1	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 657mg	27%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 1g	
Vitamin A 6%	• Vitamin C 0%
Calcium 0%	• Iron 5%

Orange Juice

Nutrition Facts	
Serving Size 3/4 cup (17ml)	
Servings per Container 1	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0g	0%
Sodium 3mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 1g	
Vitamin A 0%	• Vitamin C 100%
Calcium 0%	• Iron 0%

