

# Reading Labels

Cheerios	
Nutrition Facts	
Serving Size: 1 cup	
Servings per container: 9	
Amount per Serving	
Calories 110	Calories from fat 15
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	% Daily Value*
Total fat 2g	
Saturated fat 0g	
Cholesterol 0mg	
Sodium 280mg	
Total carbohydrate 22g	
Dietary fibers 3g	
Sugars 1g	
Protein 3g	
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*Percentage daily Values are based on a 2000 calorie diet. Values may be higher or lower depending on your calorie needs.	

Frosted Flakes	
Nutrition Facts	
Serving Size: ¾ cup	
Servings per container: 14	
Amount per Serving	
Calories 120	Calories from fat 0
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	% Daily Value*
Total fat 0g	
Saturated fat 0g	
Cholesterol 0mg	
Sodium 150mg	
Total carbohydrate 28g	
Dietary fibers 1g	
Sugars 12g	
Protein 1g	
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*Percentage daily Values are based on a 2000 calorie diet. Values may be higher or lower depending on your calorie needs.	

1. Check the **servicing size**.
2. Note the **total grams of carbohydrate** per serving, **not** just the grams of sugar. The amount of sugar includes natural sugar in milk, fruit and some vegetables, as well as added sugar.
3. What is your **portion size**?
4. **Remember:** Both sugar and starches make your blood glucose levels go up about the same amount, and at about the same speed, but starches have vitamins, minerals & fiber. Foods made with a lot of sugar are often also high in fat.
5. **Read the ingredient list.** Ingredients are listed by weight from the most to least. So you get a lot of the first ingredient, and little of the last ingredient. There are many forms of sugar:

corn syrup	dextrose
fruit juice concentrate	fructose
high-fructose corn syrup	glucose
honey	lactose
maple syrup	maltose
molasses	sucrose
raw sugar	

6. **Sugar free foods** have less than 0.5 grams of sugar per serving. **Reduced sugar foods** have at least 25% less sugar than regular foods.
7. It is okay to have high sugar foods once in a while. **You will need to give up another carbohydrate.**
8. Fat-free foods, nonfat salad dressing and mayo, etc. have little or no fat, but increased amounts of carbohydrate.