

HOW TO USE A FOOD LABEL TO SELECT FOODS – ENGLISH

Breakfast Cereal

1. Locate the serving size

- The information on the label is for this serving size.
- How does it compare to your serving size?

2. Locate the total carbohydrate grams (g)

- **Women:** 150-180 g total carbohydrate per day
45-60 g per meal 0-15 g per snack
- **Men:** 200-225 g total carbohydrate per day
60-75 g per meal 0-30 g per snack
- 15 g carbohydrate = 1 carbohydrate serving

3. Locate dietary fiber grams (g)

- Aim for 25-35 g fiber per day.
- Aim for 3-5 g fiber per serving.
- Fiber does not turn to sugar like other carbohydrate does.
- You can divide the dietary fiber amount on your label by 2 and subtract half of the dietary fiber grams from the total carbohydrate grams.

Total carb grams (30)

– Dietary Fiber grams (10/2 = 5)

= Net carb grams that you count (30 – 5 = 25)

- Soluble fiber may help lower cholesterol levels.
- Soluble fiber sources = oats, beans, lentils, vegetables, fruits.

4. Locate total fat grams (g)

- **Women** **Men**
60 g fat or less per day 75 g fat or less per day
15 g or less as saturated fat 20 g or less as saturated fat
- “Low fat” = less than 3 g fat per serving.
- Choose cheese with less than 5 g total fat per ounce.
- Choose frozen entrees with less than 15 g total fat each.

5. Locate cholesterol milligrams (mg)

- Aim for 200 mg cholesterol or less per day.
- Cholesterol is found in animal foods (meat, egg, milk, cheese, butter, etc.).

6. Locate sodium milligrams (mg)

- Aim for 1500 mg sodium or less per day.
- Choose frozen entrees with less than 800mg sodium.

Nutrition Facts	
Serving Size 1 cup (52 g)	
Servings per container 8	
Amount Per serving	
Calories 148	Calories from Fat 9
% Daily Value*	
Total Fat 1 g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 86mg	4%
Total Carbohydrate 30g	10%
Dietary Fiber 10g	41%
Sugars 6g	41%
Protein 14g	
Vitamin A 1%	Vitamin C 0%
Calcium 7%	Iron 14%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

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