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.

   \[
   \text{Total carb grams (30)} - \text{Dietary Fiber grams (10/2 = 5)} = \text{Net carb grams that you count (30 – 5 = 25)}
   \]
   - Soluble fiber may help lower cholesterol levels.
   - Soluble fiber sources = oats, beans, lentils, vegetables, fruits.

4. **Locate total fat grams (g)**
   - **Women**: 60 g fat or less per day
     - 15 g or less as saturated fat
   - **Men**: 75 g fat or less per day
     - 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 800 mg sodium.

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**Breakfast Cereal**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 cup (52 g)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>1 g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>1%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>86mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>30g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>10g</td>
<td>41%</td>
</tr>
<tr>
<td>Sugars</td>
<td>6g</td>
<td>41%</td>
</tr>
<tr>
<td>Protein</td>
<td>14g</td>
<td></td>
</tr>
</tbody>
</table>

| 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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Adapted from material provided by: UW Health Medical Foundation, Health Education and Nutrition Department.