

Reading a Food Label (Part 1)

Gluten Free Pasta

“A Sugar Free Food”

Start Here!
Compare your portion to the recommended serving size. For example, if you eat 1.33 cups, you will be eating double the calories and nutrients listed.

Check the total calories for one serving and then for the entire container. To determine calories in the entire container multiply this by “Servings per Container”, in this case, 6.

Nutrition Facts	
Serving Size 2/3 cup (56g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 200	Calories from Fat 10
	% DV*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

Limit these nutrients. You should consume no trans fats and choose items that have < 3-5 grams of sugar per serving.

Quick Guide to % Daily Value
-5% or less is low
-20% or more is high
This label shows that this food provides 8% of your fiber needs if you consume 2000 calories daily. This means you still should consume another 92% to meet the recommended goal.

Get enough of these nutrients. An item with ≥ 3 grams of fiber per serving is a good goal.

Carbohydrate = SUGAR
44g carb/4 = 11tsp sugar

Remember when reading a food label, in your mind’s eye carbohydrates equal sugar. Take total carbohydrates and divide by 4 to get the number of teaspoons of total sugar. So, if you eat 2/3 cup of this “no sugar pasta,” you have actually eaten 11 teaspoons of sugar (44g carb/4=11tsp).

To maintain a safe state of fat burn most individuals need to consume between 50-60 grams of total carbohydrates, a maximum of 12.5-15 teaspoons of sugar per day.

Reading a Food Label (Part 2)

Nutrition Facts	
Serving Size (70g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3.5g	25%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 330mg	14%
Total Carbohydrate 15g	5%
Dietary Fiber 6g	22%
Sugar 3g	
Sugar Alcohol 4g	
Protein 32g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 15%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 Carbohydrate 4 Protein 4	

Whole foods are recommended, but sometimes a protein/meal replacement bar can be a convenient snack. In these situations, calculate the impact (net) carbohydrates and add them to your total carbohydrate count for the day. To find impact (net) carbohydrates, subtract fiber and sugar alcohols from the total carbohydrates. Fiber and sugar alcohols are not digested by the body.

15 g total carb – 6 g fiber – 4 g sugar alcohol = 5 grams carbs that go toward your daily carb count.

