

How do I read food labels? (2Q Clinic)

Reading the **Nutrition Facts** on food labels is the best way to find out the grams of carbohydrate in a food.

Look for these items:

- The amount listed is for the serving size given. Are you eating more, less or the same? Compare your serving size to figure out the amount of carbohydrate you are eating.
- The total amount of carbohydrate in grams is listed first. This number includes starch, sugars and fibre. Starch is not always listed separately.
- Fibre does not raise blood glucose and should be subtracted from the total carbohydrate.

Nutrition Facts	
▶ Per 1 Bagel (112 g)	
Amount Value	% Daily
Calories 310	
Fat 2 g	3%
Saturated 0.4 g + Trans 0 g	2%
Cholesterol 0 mg	0%
Sodium 340 mg	14%
▶ Carbohydrate 61 g	20%
▶ Fibre 2 g	11%
Sugars 5 g	
Protein 11 g	
Vitamin A	0%
Vitamin C	0%

Measuring your serving size:



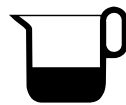
1 cup
250 ml



3/4 cup
180 ml



1/2 cup
125 ml



1/3 cup
80 ml



1/4 cup
60 ml



1 Teaspoon
5 ml



1 Tablespoon
15 ml

please turn over →

How to count grams of carbohydrate on a food label:

1. Read the **Nutrition Facts**.
2. Look for serving size at the top.
3. Look for the carbohydrate grams. Subtract the fibre grams from the carbohydrate grams. This equals the available carbohydrate in the serving size.

Old Mill

Nutrition Facts	
Per 1 bagel (85 g)	
Amount	% Daily Value
Calories 220	
Fat 1.5 g	2%
Saturated 0.3 g	
+ Trans 0 g	2%
Cholesterol 0 mg	0%
Sodium 430 mg	18%
Carbohydrate 39 g	13%
Fibre 4 g	15%
Sugars 3 g	
Protein 9g	

1. Serving size: 1 bagel
2. Carbohydrate grams: 39 g
Subtract Fibre grams: 4 g
= 35 grams of available carbohydrate

Dempster's

Nutrition Facts	
Per 1 bagel (90 g)	
Amount	% Daily Value
Calories 240	
Fat 2 g	3%
Saturated 0.2 g	
+ Trans 0 g	1%
Cholesterol 0 mg	0%
Sodium 410 mg	17%
Potassium 60 mg	2%
Carbohydrate 47 g	16%
Fibre 2 g	8%
Sugars 4 g	
Protein 8 g	

1. Serving size: _____
2. Carbohydrate grams: _____
Subtract Fibre grams: _____
= ____ grams of available carbohydrate

Country Harvest

Nutrition Facts	
Per 1/2 bagel (56 g)	
Amount	% Daily Value
Calories 150	
Fat 1 g	2%
Saturated 0.2 g	
+ Trans 0 g	1%
Cholesterol 0 mg	
Sodium 340 mg	14%
Potassium 75 mg	2%
Carbohydrate 30 g	10%
Fibre 1g	5%
Sugars 3 g	
Protein 5 g	

1. Serving size: _____
 2. Carbohydrate grams: _____
Subtract Fibre grams: _____
= ____ grams of available carbohydrate
- If I eat a whole bagel
= _____ grams available carbohydrate