

# Key Food Label Information for People with Diabetes

Check the "Nutrition Facts," usually on the side or back of the package. It gives more complete nutrition information.

## Nutrition Facts

Serving Size 3 oz cooked fish  
(84g/about 1½ fillets)  
Servings Per Container about 4

Amount Per Serving  
Calories 100    Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 80mg	27%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	

Protein 21g

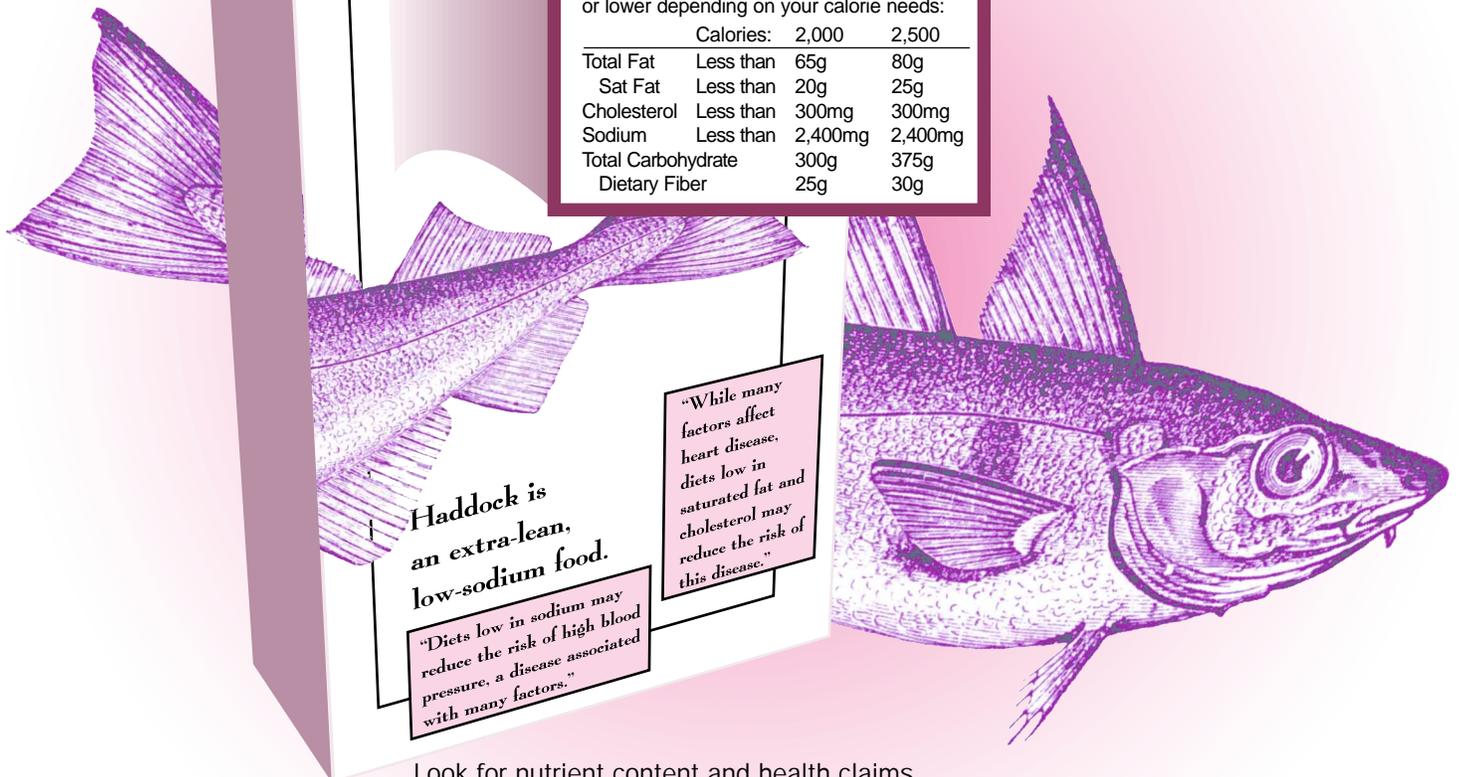
Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%

\* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Look at the serving size. It is about the same for similar items. So it's easy to compare the nutritional qualities of similar foods.

Look at the column called "%Daily Value." It tells you at a glance whether a food is high or low in fat, saturated fat, cholesterol, and fiber.



Look for nutrient content and health claims. They can help you quickly spot foods that contain desirable levels of fat, saturated fat, cholesterol, and fiber—nutrients of particular importance to people with diabetes.