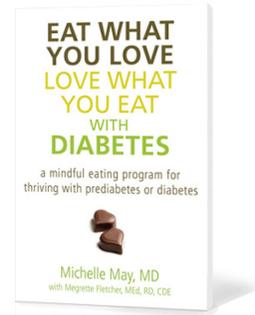


Eat What You Love, Love What You Eat with Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes

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Supplement to Chapter 7: How to Read a Nutrition Label



Nutrition information is a tool, not a weapon. Review the information on the “Nutrition Facts” panel described below then take a few items out of your cabinet to practice.

Nutrition Facts	Amount Per Serving		%DV*	Amount Per Serving		%DV*
	Serv Size 1/4 cup dry (42g)	Total Fat 3g		4%	Total Carb. 30g	
Servings Per Container About 6	Sat. Fat 0g		0%	Dietary Fiber 3g		12%
Calories 166	Trans Fat 0g			Sugars 1g		
Fat Cal. 28	Cholest. 0mg		0%	Protein 5g		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sodium 5mg		0%			
	Vitamin A 0% • Vitamin C 6% • Calcium 0% • Iron 10%					

INGREDIENTS: Whole Grain Quinoa

Nutrition Facts

Serving size: Check the listed serving size first, since the nutrient information and “Percent Daily Values” listed on the food label are based on one serving. If the serving size is one cup and you consume two cups, multiply all of the numbers by two. The portions listed are not necessarily recommended amounts and may not represent what most people eat. Don’t forget, hunger and fullness levels should determine how much you eat, not the amount listed on the food label.

If you aren’t sure how much you usually eat, set up an experiment to figure it out. Using cereal as an example, pour your usual amount into your bowl and then pour it into a measuring cup to see how much you usually serve yourself.

Calories: Calories (total) and calories (from fat) are listed under the “Amount Per Serving” information. (Total calories include calories from fat.)

Percent Daily Value (%DV): Located on the right side of the label, “Percent Daily Value (%DV)” contains reference numbers based on a person who consumes two thousand calories a day. (This may be more or less than your body needs.) A quick glance lets you see how much of your daily needs for various nutrients are met in each serving of the selected food. If you had a food label for everything you ate, adding up each nutrient’s %DV would indicate how well you’re meeting your nutrient needs. Being close to 100 percent of the daily value for each item by the end of the day indicates a well-balanced daily intake. Keeping track of your daily intake would

be time consuming, tedious, and, in most cases, unnecessary, but knowing how much you're getting of a certain nutrient may be beneficial. Although it's not individualized, you can use %DV to evaluate the food in hand. For nutrients you want to eat more of, like fiber and calcium, look for higher %DVs. For nutrients you want to eat less of, like fat, cholesterol, and sodium, look for lower %DVs.

Fat: On the label, total fat, saturated fat, and trans fat are listed in grams (g) and as a %DV. The %DV is based on 65 g of total fat (30 percent of a two-thousand-calorie diet) and 20 g of saturated fat (10 percent of a two-thousand-calorie diet). That doesn't mean you shouldn't eat a food with a DV of higher than 30 percent; it simply means you'll want to balance it by selecting other foods that are lower in fat.

Cholesterol: Cholesterol is listed in milligrams (mg) and as a %DV. The %DV is based on 300 mg of cholesterol, the maximum amount of cholesterol recommended for a healthy diet. If your doctor has provided stricter guidelines for heart health, you may find it easier to track your cholesterol intake in milligrams than %DV.

Sodium: The amount of sodium in a serving of food is listed in milligrams (mg) and as a %DV. Sodium is a mineral used by the body to control blood pressure and blood volume. Most nutrition experts recommend a daily maximum of less than 2,300 mg of sodium. In 2010 the USDA recommended a reduction of sodium intake to 1,500 mg for African Americans and people with hypertension or diabetes.

Carbohydrates: Carbohydrates are listed as "Total" (in grams and %DV), "Dietary Fiber" (in grams and %DV based on 25 g per day), and "Sugars" (in grams only). If you subtract "Dietary Fiber" and "Sugars" from the "Total" grams, the remaining number is the grams of starch. A food with 5 g or more of fiber is considered high fiber.

Protein: Listed in grams per serving.

Vitamins: The food label also lists %DV for vitamins A and C, calcium, and iron. Others may be listed, but only these four are required. This information will help you target nutrient-rich foods, but the best way to ensure that you get all the vitamins and minerals you need is by eating a wide variety of foods.

Nutrition and health claims: You may also find nutrition claims listed on the front of a package, describing various nutrition or health qualities. These descriptors can be helpful if you know what they mean—misleading if you don't.

Now take out several items from your cabinet or refrigerator or make a trip to the store to practice. You will likely find it easier to focus on one or two areas at first, for example, carb and fiber content.

Remember, there's no right or wrong food to eat. The point of reading nutrition labels is to educate yourself about what your food choices contain. To learn more about nutrition information, visit websites such as www.eatright.org, www.diabetes.org, or www.choosemyplate.gov.