

READING THE LABEL: Counting Carbohydrates

Servings Per Container

How many serving sizes are in the box, bag, or container.

Total Carbohydrate

Carbohydrates are the main nutrient affecting blood sugar. Always look at the total carbohydrates in a product. It should be bolded on each nutrition label.

Nutrition Facts	
Serving Size 2 tortillas (51g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Serving Size

This is the amount for 1 portion. The numbers on the label represent 1 portion. If you consume more or less than 1 portion, the amount of calories, carbohydrates, etc. will need to be recalculated.

Remember,

100% of the carbohydrates you eat are transformed into sugar within 1-2 hours.

Carbohydrate Goals

- < 60g carbs per meal for men
- < 45g carbs per meal for women
- < 15g carbs per snack



Source: NutriData



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