

Find the carbs

Nutrition Facts	
Serving Size: 1 Cup (52g/1.8 ounces)	
Servings Per Container: about 8	
Amount Per Serving	
Calories 140	Calories from fat 10
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 85mg	4%
Potassium 480mg	14%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 6g	
Sugar Alcohols 8g	
Protein 13g	14%
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	10%
Phosphorus	20%

Step 1| Look at the serving size

The nutrition information is based on “**one serving**” of the food (decided by the food manufacturer), not the entire package. You may be eating more or less than the serving listed.

Step 2| Check the total carbohydrates

The total amount of carbohydrates will come from **sugar, fibre & starch** (starch is often not included on the label).

Step 3| Subtract the fibre

Fibre is a type of carbohydrate that does not break down into sugar in the body, so we can take it out of the total.

*Step 4| Subtract the sugar alcohols (if any)

You only need to do this step if you see **sugar alcohols** listed under carbohydrates. These are a type of artificial sweetener, sometimes used in foods labeled ‘diet’ or ‘sugar-free’. Just like fibre, these do not break down into sugar, so we can **subtract this number from the total**.

❖ In this example: **20g total carbohydrates - 6g fibre - 8g sugar alcohols = 6g total digestible carbohydrates**

❖ Other nutrients

Generally, look for foods that are **HIGHER** in fibre and **LOWER** in sugar, salt and saturated/trans fats.

❖ % Daily Value

This is based on an average adult who needs 2000 calories per day. Your needs may be higher or lower than that. Use it to compare two products, or to see if something has a **little (5% or less)** or a **lot (15% or more)** of a nutrient.



❖ Claim confusion

‘**No sugar added**’ does not mean the product doesn’t contain sugar. It may contain natural sugars. It also may be high in total carbohydrates. ‘**Low fat, low sugar, or low sodium**’ does not necessarily mean the food is healthy.

Keep
it
simple