



# Read the Food Label for Carbohydrates

Food labels help you choose foods that are lower in calories and in carbohydrates and sweeteners. Here is a food label for a 12-ounce regular soda. The label provides lots of useful information.



## 1. Serving Size and Number of Servings

The serving size is 12 ounces. There's 1 serving in this container.

## 2. Amount Per Serving

The nutrient amounts on the label are for one serving. If you have more than one serving, you'll get more calories and other nutrients. For example, if you drink 2 cans of soda, you're drinking 2 servings, which has 320 calories and 74 grams of sugar.

## 3. Percent Daily Value\*

The Percent Daily Value (%DV) helps you compare nutrient amounts in products. Products with 5% DV or less are low in carbohydrates, products with 20% DV or more are high.

## 4. Calories and Carbohydrates

Here are the amounts of calories and carbohydrates in one serving.

12-ounce soda

Nutrition Facts	
1 serving: per container	
Serving size	1 can (12oz) (372g)
Amount Per Serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 39g	14%
Dietary Fiber 0g	0%
Total Sugars 37g	
Includes 37g Added Sugars	74%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 19mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

\*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



## Read the Food Label for Carbohydrates (continued)

### The Choice Is Yours — Compare!

Which one would you choose?

The unsweetened iced tea has fewer calories and no carbohydrates. That makes the iced tea a better choice! You can learn a lot from a food label.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 cup (248g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 35g	
Includes 0g Added Sugars	<b>0%</b>

#### 100% Grape Juice

One cup of grape juice has 150 calories and 37 grams of carbohydrates.

Nutrition Facts	
<b>Serving size</b>	<b>1 cup (240g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>0</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> < 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>

#### Unsweetened Iced Tea

One cup of unsweetened iced tea has 0 calories and less than 1 gram of carbohydrates.

\*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.