

Client Name _____ Date _____

RDN/NDTR _____

Email _____ Phone _____

Using Nutrition Labels: Carbohydrate

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<small>* 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.</small>	

- Serving Size
 - Look at the serving size. All the information on the label is based on this portion.
- Servings Per Container
 - The number of servings contained in the package.
- Guidelines for Carbohydrate
 - Look at the total grams of carbohydrate in the serving size.
 - 1 carbohydrate choice = 15 grams of carbohydrate.

Range of Carbohydrate Grams Per Choice

Carbohydrate Grams/Choice	Carbohydrate Choices
6-10	1/2
11-20	1
21-25	1 1/2
26-35	2
36-40	2 1/2
41-50	3
51-55	3 1/2
56-65	4
66-70	4 1/2
71-80	5

Notes: