

Counting carbohydrates is an important skill in diabetes management. While all of the information on the nutritional label is important, there are 3 things to pay special attention to when you have type 1 diabetes: serving size, number of servings, and total carbohydrates.

Here is the nutritional label for a box of crackers.

Nutrition Facts	
about 4 servings per container	
Serving Size	11 crackers (31g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 7g Added Sugars	13%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 50mg	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.

Serving Size

- 11 crackers = 1 serving
- 44 crackers = 4 servings (1 container)

Total Carbohydrates

- 11 crackers = 22g carbohydrates
- 44 crackers = 88g carbohydrates (1 container)

You do not need to count sugars separately because they are already counted as part of total carbohydrate.

Here's is a nutritional label for a beverage.

Nutrition Facts	
Serving Size 5 oz. (144g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Total Fat 15g	21%
Saturated Fat 2.6g	17%
Trans Fat 1g	
Cholesterol 118mg	39%
Sodium 560mg	28%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 24g	
Vitamin A 1%	Vitamin C 2%
Calcium 2%	Iron 5%
*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

- 5oz = 1 serving
- 1 bottle = 4 servings

Total Carbohydrates

- 5 oz = 12g carbohydrates
- 1 bottle = 48g carbohydrates

As of July 2018, the Food and Drug Administration is requiring that a new nutritional label be used on packaging. The new label will have a separate line showing how much sugar has been added to food. It will also display calories per serving, and serving size more prominently.

Original Label

Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

New Label

Amount per serving	
Calories 230	
% Daily Value*	
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 235mg	6%

* 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.

Updated 5/9/19

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

[Understanding Carbohydrates](#)

[Beverage Options](#)

[Healthy Eating](#)

[How Many Carbs Does My Child Need?](#)

[Low Carb Snack Ideas](#)

Sources

[What's in Food? — Nutrition.gov](#)

[Lenny the Lion, Carb Counting Games - Medtronic](#)

[Calorie King](#)

[GoMeals](#)
