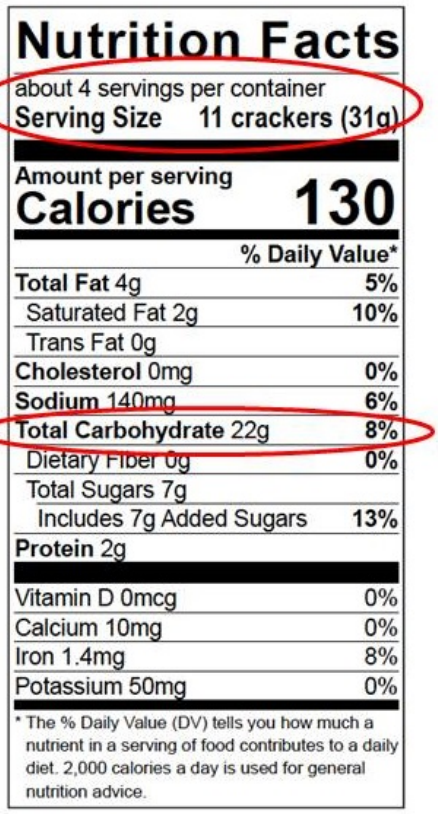
Counting carbohydrates is an important skill in diabetes management. While all of the information on the nutritional label is important, there are 3 things to pay special attention to when you have type 1 diabetes: serving size, number of servings, and total carbohydrates.

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.

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

Carb Counting with Lenny – Medtronic

Calorie King

MyFitnessPal