

Nutrition

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.

Nutrition

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.

Nutrition

| Original Label | New Label | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-----------|-----------|---------|-------|-----------|-----------|-----|-----|---------|-----------|-----|-----|-------------|-----------|-------|-------|--------|-----------|---------|---------|--------------------|--|------|------|---------------|--|-----|-----|--|
| <div style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <hr/> <p>Amount Per Serving</p> <p>Calories 230 Calories from Fat 72</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 8g 12% Saturated Fat 1g 5% Trans Fat 0g</p> <p>Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 1g</p> <p>Protein 3g</p> <hr/> <p>Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small></p> <table border="0" style="width: 100%; font-size: small;"> <tr> <td></td> <td style="text-align: center;">Calories:</td> <td style="text-align: center;">2,000</td> <td style="text-align: center;">2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table> </div> | | 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 | <div style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)</p> <hr/> <p>Amount per serving</p> <p>Calories 230</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 8g 10% Saturated Fat 1g 5% Trans Fat 0g</p> <p>Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g Includes 10g Added Sugars 20%</p> <p>Protein 3g</p> <hr/> <p>Vitamin D 2mcg 10% Calcium 260mg 20% Iron 8mg 45% Potassium 235mg 6%</p> <p><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></p> </div> |
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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.

Nutrition

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](#)
