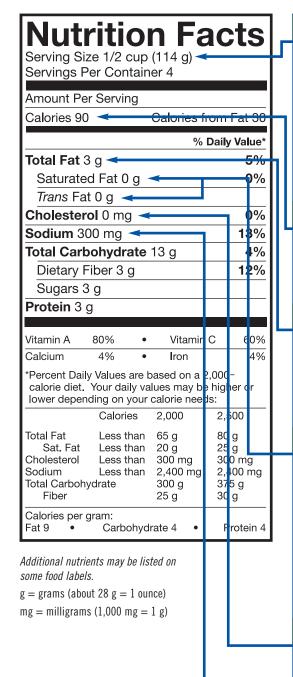
Type 2 diabetes and healthy eating:

use food nutrition labels as your guide



Serving Size

- All the nutrition facts on a food label are based on a certain amount of the food, called a serving size.
- Serving sizes are important, especially if you are trying to lose weight.
 - A serving may be larger or smaller than the amount of food you usually eat or should eat
- To see how your portions compare, measure 1 serving on the food label and see if it is the same as the amount you usually eat.
- NOTE: The serving size is almost always *not* the amount of food in the package, even a small package.

Calories

- This tells you how many calories each serving of this food will add to your daily total.
- Ask your healthcare provider (HCP) how many calories you should eat each day.
 This is especially important if you are trying to lose weight.

Total Fat

- Try to limit the amount of fat you eat.
- A gram of fat has more calories than a gram of any other nutrient.
 - Eating too much fat can make it harder to control your weight and can increase your risk of heart disease.
- Ask your HCP how much and what kind of fat you should eat every day.

Saturated Fat and Trans Fat

- Avoid foods with saturated fat and *trans* fat if possible.
 - Both can increase your cholesterol.
 - High cholesterol may increase your risk of heart disease.
- Saturated fat is found in many types of meat and in dairy products made from whole milk.
 - Most people with diabetes should eat less than 15 grams of saturated fat each day.
- *Trans* fats are common in cookies, crackers, and other foods that may need to stay on the shelf for a long time.

Cholesterol

- Limit yourself to less than 200 mg of cholesterol a day.
- Too much cholesterol can increase your risk of heart disease.
- Many foods that come from animals—such as meats, fish, eggs, and whole-milk dairy products—contain cholesterol.

Sodium

- Limit the amount of sodium (salt) you eat to less than 2,400 mg each day. Start by using less (or no) table salt.
- Too much sodium can worsen high blood pressure in some people. Many people with diabetes also have high blood pressure.
- Frozen and canned foods often have lots of sodium, so check the labels first.

Nutrition Facts Serving Size 1/2 cup (114 g) Servings Per Container 4 Amount Per Serving Calories 90 Calories from Fat 30 % Daily Value* Total Fat 3 q 5% Saturated Fat 0 g 0% Trans Fat 0 q 0% Cholesterol 0 mg Sodium 300 ma 13% Total Carbohydrate 13 q 4% 12% Dietary Fiber 3 g Sugars 3 g Protein 3 q Vitamin A 80% Vitamin C -Calcium 4% 40 Iron *Percent Daily Values are based on a 2,000calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2 500 otal Fat Less than 65 g 80 g Sat. Fat 20 g 25 g Less than 300 mg Less than 300 mg holesterol 2.400 mg odium Less than 2,400 mg otal Carbohydrate 300 g 375 g Fiber 25 g 30 g alories per gram: Carbohydrate 4 Protein at 9

Additional nutrients may be listed on some food labels.

g = grams (about 28 g = 1 ounce) mg = milligrams (1,000 mg = 1 g) Type 2 diabetes and healthy eating: use food nutrition labels as your guide

Total Carbohydrate

- Carbohydrates (or carbs) are your body's main source of energy.
- You need some carbs in your diet every day. It is not a good idea to stop eating them.
- Talk to your HCP about the amount of carbs you should include in your meal plan. Carb-counting can help you control your diabetes.
- Carbs are measured in grams on the nutrition label.

Dietary Fiber

- Try to eat a variety of foods that contain fiber to reach 25 to 30 grams each day.
- Many fruits, vegetables, whole-grain foods, beans, and legumes are high in fiber.
- Eating the right amount of fiber each day can help lower your blood sugar and cholesterol, which lowers your risk of complications from diabetes.

Sugars

- Foods labeled "sugar-free" may be high in calories and carbs.
- Milk and fruit are some of the healthy foods you should keep in your diet, even though they contain sugar.
- To control your blood sugar, watch your total carbohydrate grams rather than sugar grams.

Protein

- Ask your HCP how much protein you should eat each day.
- Most adults get enough protein every day but need to choose the right kinds of protein.
 - Choose lean meats, low-fat dairy foods, and beans or meat substitutes (such as tofu) for most of your protein.

Vitamins and Minerals

- The best source of vitamins and minerals is food.
- Try to get 100% of your vitamins and minerals from food. This will help you make healthy food choices.

Daily Values

- The Percent Daily Values will tell you how well a food provides your daily needs for that nutrient.
- If the number is 20% or more, that food is a good source for that nutrient.
- The daily value percentages apply to people who eat 2,000 calories each day.
- If you eat less than 2,000 calories a day, your daily values will be higher.

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