Look at Food Labels!

**Watching Your Weight**
There should be 0g trans-fat and low saturated fats. Try to eat foods with less calories from fat.

**Pre Hypertension and High Blood Pressure**
Aim for less than 1500-2000 mg/day and stick to items that have less than 20% daily value of sodium per serving.

**Pre Diabetics and Diabetics**
Limit 45-60 grams per meal and 15 grams for snacks.

**Pre Diabetics and Diabetics**
Aim for foods high in dietary fiber, 3 grams or more

**Pre Diabetics and Diabetics**
4g = 1 teaspoon of sugar. Double digit numbers is too much sugar.