

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.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
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.	