

MyCARE

With me, every step of the way



“ **READING THE FOOD LABEL
WILL HELP YOU** to make
wise healthy choices
helping you stick to your
health goals. ”



When you go grocery shopping, you will see that **ALMOST EVERY PACKAGED FOOD PRODUCT HAS A FOOD LABEL** which gives detailed nutritional information about the food.

Nutrition Facts	
Serving Size gm.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	
*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on you calorie needs.	

!



**BUT WHAT IS
YOUR FOOD
MADE UP OF?**

INGREDIENT LIST

Ingredients that are used to make the food product are listed from the largest to smallest amount (by weight).

For example

INGREDIENTS: SUGAR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], VANILLA), COCOA (PROCESSED WITH ALKALI), CANOLA OR SOYBEAN OIL, BITTERSWEET CHOCOLATE CHIPS (CHOCOLATE LIQUOR, SUGAR, COCOA BUTTER, MILK FAT, SOY LECITHIN [EMULSIFIER], VANILLA), MILK CHOCOLATE CHIPS (SUGAR, WHOLE MILK POWDER, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], VANILLA), SALT, ARTIFICIAL FLAVOR, SODIUM BICARBONATE.



So the food contains, **THE LARGEST AMOUNT OF THE FIRST INGREDIENT MENTIONED** in the ingredient list and **THE SMALLEST AMOUNT OF THE LAST INGREDIENT.**

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**MAKE SURE THE FIRST FEW
INGREDIENTS MENTIONED
ARE HEALTHY** when you are
buying any packaged food.


SUGAR

INGREDIENTS: SUGAR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], VANILLA), COCOA (PROCESSED WITH ALKALI), CANOLA OR SOYBEAN OIL, BITTERSWEET CHOCOLATE CHIPS (CHOCOLATE LIQUOR, SUGAR, COCOA BUTTER, MILK FAT, SOY LECITHIN [EMULSIFIER], VANILLA), MILK CHOCOLATE CHIPS (SUGAR, WHOLE MILK POWDER, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], VANILLA), SALT, ARTIFICIAL FLAVOR SODIUM BICARBONATE.

NUTRITIONAL INFORMATION

Nutrition information panels on food labels provide information about the nutrient composition of the food product

READ THE CALORIES

Choose a product with lesser calories

KEEP A WATCH ON FAT.

Try to minimize saturated fat and trans fat as they clog arteries and are bad for heart health.

Nutritional Information		
Nutrients	Per 100g ^{##}	Per Serve (40g) ^{##}
Energy (kcal)	407	163
Protein [#] (g)	11.8	4.7
Total Fat (g)	9.5	3.8
Saturated Fat (g)	2.0	0.8
Cholesterol (mg)	0	0
Total Carbohydrate (g)	68.5	27.4
of which Sugars (g)	0	0
Total Dietary Fibre [#] (g)	10.0	4.0
Soluble Fibre (g)	3.8	1.5
Insoluble Fibre (g)	6.2	2.5
Iron (mg)	2.5	1.0
Magnesium (mg)	106	42.4
Sodium (mg)	9.5	3.8
Zinc (mg)	2.0	0.8
[#] Approximate Values		

GET MORE OF FIBER

It helps in blood sugar control.

CHECK THE SERVING SIZE ON THE PACKAGE

Compare it to how much you actually eat. If you eat double the serving size mentioned, double the intake of the calories, carbohydrate, fat, etc. per serving.

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LOOK FOR TOTAL CARBOHYDRATE

This will have the maximum impact on your blood sugar level.

Choose a product that does not have added sugars.

WATCH OUT FOR SODIUM

The lesser the sodium(salt) intake the better

“ For more information,
contact your doctor or your
MyCARE Diabetes Educator.”



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Reference

- Salis S. (2020) Diet in Diabetes Simplified (2 nd ed.). Chennai: Notion Press
- Food Safety and Standards (Labelling and Display) Regulations, Version -II (22.01.2019)
- FDA. How to understand and use nutrition facts label. Retrieved from <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

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