

Be a Nutrition Label Ninja

Estimated reading time: 6 minutes

You probably work all day and don't have the time to scratch cook a diabetic friendly meal. Especially one that contains a list of 12 ingredients and takes an hour or more to prepare. Cooking at home can be a challenge. And you might not enjoy cooking. We get that. Sometimes it's nice to put a prepared meal in the microwave and save the time and effort of preparing a meal from scratch.

Whether you buy individual ingredients for meals or meals that are quick and easy to prepare and available as pantry items, refrigerator or frozen, making the right choices makes all the difference.

It's all right there for you on the label of nutrition facts. Understanding what's listed on a food product helps you to make the right choices. With the exception of fresh items such as produce, seafood and meats, nutrition labels are provided on each food product. The nutrition label breaks down the nutritional values of the ingredients listed on the label. The label shows number of servings per package and that is based on what the label says constitutes a single serving size. Serving sizes vary from product to product. If the serving size on the label is $\frac{1}{2}$ cup and you eat 1 cup you must double the nutritional values.

So, what should big three. Fiber, of the carb family. They are common. Carbs are the glucose. Blood in the blood.

The total. This means **fiber**, choice to use up meal. Spread the body can keep up with a big spike want to keep a much and not too two slices of bread better choice.)

Let's break down fibers are created absorption of blood glucose

Nutrition Facts			
Serving size 2/3 cup (164g) Servings per container about 4			
Amount Per Serving			
Calories 300	Calories from Fat 180		
	% Daily Value*		
Total Fat 20g	31%		
Saturated Fat 12g	60%		
Trans Fat 0.5g			
Cholesterol 60mg	20%		
Sodium 450mg	19%		
Total Carbohydrate 21g	7%		
Dietary Fiber 2g	8%		
Sugars 1g			
Protein 8g			
Vitamin A 15%	Vitamin C 30%		
Calcium 10%	Iron 4%		
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

you look for? Let's start off with the starch and sugar. They are members. In moderation they are your friends. ingredients in most prepared items. major group that impacts blood glucose is the amount of sugar in

carbohydrate label means all carbs. starch and sugar. It's a foolish your daily carb allowance in one carbs you eat over the day so your processing. Otherwise you can wind in your blood glucose level. You steady state of carb intake. Not too little during a meal. (You may want at dinner but one might be the

carbs starting off with fiber. Not all equal. Some will actually slow the sugar after eating. Starch can make levels rise. Same goes for sugar.

Natural sugars such as those derived from fruit products are a safer bet than added sugars such as cane sugar.

TIP: Dr. Dariush Mozaffarian, Freedman School of Nutrition Science at Tufts University, recommends a carb to fiber ratio of 10:1 or lower. 1 gram of fiber for every 10 grams of carbs.

It goes without saying that sodium must be managed. The American Diabetes Association recommends no more than 2,300 milligrams of sodium per day. Sodium is present in almost every prepared and processed food. Look at the nutrition label for this prepared meal. It contains 450 milligrams of sodium in 2/3 cup. While prepared foods labeled "less sodium" or "no sodium" may be a turn off, remember that you can always add salt free spices and seasonings at home. This way you remain in control of your sodium intake.

Fat content will be listed on the nutrition label. There is no label breakdown of so called "good" fat and "bad" fat. But type of fat will be listed. Be on the lookout for saturated fats and trans fats. The nutrition label above tells us that this particular prepared meal contains saturated and trans fats. It also tells us that for a 2/3 cup serving 180 of the 300 calories are saturated and trans-fat calories. That's 60%! In my book that's too much. They are the bad guys. They can put you at risk for heart disease. Look for the healthy fats such as olive oil and canola oil. Remember that fat contains a high number of calories. Too much can result in weight gain and create a resistance to insulin.

Carve out a few minutes of your shopping trip to study labels and make smart choices about the nutrition you feed your body. Remember there is no one size fits all to tackling diabetes. Curate your targeted ingredients with your health care provider.