

Finding Carbohydrate Values using the Nutrition Label:

The amount of carbohydrate in a food is listed on the Nutrition Facts Table.

- The amount listed is for the serving size given. Are you eating more, less, or the same? Compare your serving size to figure out the amount of carbohydrate you are eating.
- The total amount of carbohydrate in grams is listed first. This number includes starch, sugars and fibre. (Starch is not listed separately.)
- Fibre does not raise blood glucose and should be subtracted from the total carbohydrate (i.e. 36 g carbohydrate – 6 g Fibre = 30 g available carbohydrate).

Nutrition Facts	
Per 90 g serving (2 slices)	
Amount	% Daily Value
Calories 170	
Fat 2.7 g	4 %
Saturated 0.5 g + Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 200 mg	8 %
Carbohydrate 36 g	13 %
Fibre 6 g	24 %
Sugars 3 g	
Protein 8 g	
Vitamin A 1 %	Vitamin C 0 %
Calcium 2 %	Iron 16 %

MILK

Nutrition Facts

Serving Size 1 Cup (240mL)

Amount per Serving

Calories 150 **Fat Cal** 70

%Daily Value

Total Fat 8g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 120mg **5%**

Potassium 350mg **10%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g **16%**

Vitamin A 4% • Vitamin C 0%

Calcium 30% • Iron 0%

Vitamin D 25%

CHEERIOS (HONEY NUT)

Nutrition Facts

Serving Size: 3/4 cup (29g)

Amount Per Serving	As Packaged
Calories	110
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 0mg	
Sodium 160mg	7%
Total Carbohydrate 23g	8%
Fibre 2g	8%
Sugars 9g	
Protein 3g	

BRETON CRACKERS

Nutrition Facts

Per 4 crackers (18 g)

Amount	% Daily Value
Calories 90	
Fat 3.5 g	5 %
Saturated 1.5 g	8 %
Trans 0 g	
Cholesterol 0 mg	
Sodium 150 mg	6 %
Carbohydrate 12 g	4 %
Fibre 1 g	4 %
Sugars 1 g	
Protein 2 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	6 %