

How do I read food labels?

How to count grams of carbohydrate on a food label:

1. Read the **Nutrition Facts**.
2. Look for serving size at the top.
3. Look for the carbohydrate grams. Subtract the fibre grams from the carbohydrate grams. This equals the available carbohydrate in the serving size.
4. How many carbohydrate choices are in the serving size? (1 carbohydrate choice is about 15 grams carbohydrate)

Old Mill

Nutrition Facts	
Per 1 bagel (85 g)	
Amount	% Daily Value
Calories 220	
Fat 1.5 g	2%
Saturated 0.3 g	
+ Trans 0 g	2%
Cholesterol 0 mg	0%
Sodium 430 mg	18%
Carbohydrate 39 g	13%
Fibre 4 g	15%
Sugars 3 g	
Protein 9g	

1. Serving size: 1 bagel
2. Carbohydrate grams: 39 g
Subtract Fibre grams: 4 g
= 35 grams of available carbohydrate
3. Number of carbohydrate choices is about 2

Dempster's

Nutrition Facts	
Per 1 bagel (90 g)	
Amount	% Daily Value
Calories 240	
Fat 2 g	3%
Saturated 0.2 g	
+ Trans 0 g	1%
Cholesterol 0 mg	0%
Sodium 410 mg	17%
Potassium 60 mg	2%
Carbohydrate 47 g	16%
Fibre 2 g	8%
Sugars 4 g	
Protein 8 g	

1. Serving size: _____
2. Carbohydrate grams: _____
Subtract Fibre grams: _____
= ___ grams of available carbohydrate
3. Number of carbohydrate choices is about ____

Country Harvest

Nutrition Facts	
Per 1/2 bagel (56 g)	
Amount	% Daily Value
Calories 150	
Fat 1 g	2%
Saturated 0.2 g	
+ Trans 0 g	1%
Cholesterol 0 mg	
Sodium 340 mg	14%
Potassium 75 mg	2%
Carbohydrate 30 g	10%
Fibre 1g	5%
Sugars 3 g	
Protein 5 g	

1. Serving size: _____
2. Carbohydrate grams: _____
Subtract Fibre grams: _____
= ___ grams of available carbohydrate
3. Number of carbohydrate choices is about ____

If I eat a whole bagel
= _____ grams available carbohydrate
Number of carbohydrate choices is about _____