## reading food labels for diabetes

DIETARY MANAGEMENT MODULE FOR DIABETES: Sheet 4 of 4



## IT'S IMPORTANT TO KNOW WHAT'S IN THE FOODS YOU BUY

Making informed choices about the food you eat is a crucial part of looking after your health and managing your diabetes. When food shopping, labels on the packaging provide an excellent source of information and will supply you with details about nutrition, ingredients and warnings about the major allergens in foods. You can also use the nutrition information to compare similar products e.g. you can find out which cereal is higher in fibre, or which of two yoghurts is lower in fat. The nutrition panel can also be used as a tool to calculate your total energy and fat intake.

DIETARY MANAGEMENT MODULE

FOR DIABETES

Diabetes Healthy Take Aways for Diahetes

A Healthy Weight is Important for . Diabetes

➤ Reading Food Labels for Diabetes

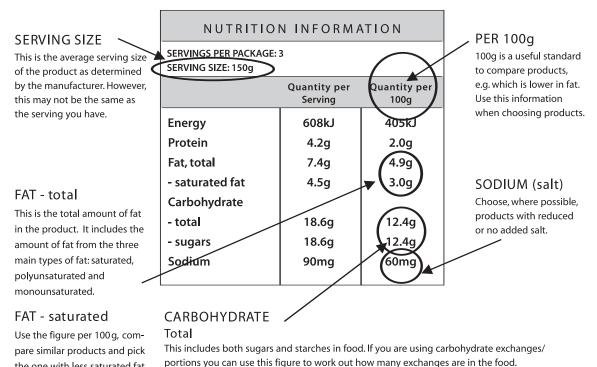
## READING NUTRITION INFORMATION PANELS

- Nutrition Information Panels are displayed on the packaging of most food and beverages and will tell you what the product contains. The panel includes information about:
  - > Energy (kilojoules)
- > Total fat and saturated fat
- > Sodium

This tells you how much of the total carbohydrate is sugar. This includes added sugar as well as naturally occurring sugars like lactose (milk sugar) and fructose (fruit sugar). Sugar content

- > Protein
- > Total carbohydrate and sugars

The Nutrition Information Panel provides very useful information that can be used to decide whether a food is suitable for someone with diabetes.



READING THE INGREDIENTS LIST -----

the one with less saturated fat.

The ingredients contained in a product are listed in descending order of weight. On the ingredient list the proportion of certain characterising ingredients must also be declared. The characterising ingredient will not necessarily be the main ingredient in terms of weight, but it will be the ingredient that gives the food its character.

alone will not predict the effect of the food on your blood glucose level.

**Percentage Labelling:** Some packaged foods show the percentage of the key ingredients or components in the food product. For example, in the case of strawberry yoghurt, "strawberries" are a key ingredient, so the percentage of strawberries is indicated. In some cases, such as plain milk or bread, there are no characterising ingredients.

✓ This nutrition sheet has been developed by the Sanitarium Health Food Company and favourably reviewed by Diabetes Australia. Please contact Sanitarium on 1800 673 392 or via www.sanitarium.com.au if you would like to ask a qualified dietitian about diabetes or any nutrition issue of interest to you.

Sugars

