

LA ETIQUETA DE DATOS DE NUTRICIÓN

Revise las raciones.

Nutrition Facts

Servings Per Container: 8
Serving Size: 2/3 cup (55g)

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Sugars 12g	
Includes 10g Added Sugar	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Revise el total de carbohidratos.

(Los azúcares son parte del total de carbohidratos. No los cuente doble.)

Evite los azúcares añadidos.

Poca grasa es bueno.
(3g o menos)

Coma menos de éstos.

Mucha fibra es bueno.
(3g o más)

Ilustración solamente.

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