

## The two most important pieces of information for the carbohydrate controlled diet are:

1. The serving size.
2. The grams of total carbohydrate.

Nutrition Facts	
Serving Size 1 cup (228g)	←
Servings Per Container 2	←
<b>Amount Per Serving</b>	
Calories 90	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein</b> 3g	
<b>Vitamin A</b> 80%	<b>Vitamin C</b> 60%
<b>Calcium</b> 4%	<b>Iron</b> 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
<b>Total Fat</b>	Less than 65g    80g
<b>Sat Fat</b>	Less than 20g    25g
<b>Cholesterol</b>	Less than 300mg    300mg
<b>Sodium</b>	Less than 2,400mg    2,400mg
<b>Total Carbohydrate</b>	300g    375g
<b>Dietary Fiber</b>	25g    30g
<b>Calories per gram:</b>	
<b>Fat</b> 9	<b>Carbohydrate</b> 4
<b>Protein</b> 4	

### First: Check Serving Size

- The serving size for this food is 1 cup.
- There are 2 servings or 2 cups in this container.

### Second: Check Total Carbohydrate Content

- The **Total Carbohydrate** tells how many grams of carbohydrate are in 1 serving. 15 grams of carbohydrate is equal to 1 carbohydrate serving.
- Fiber is also included in the total carbohydrate amount.
- Sugar is already included in the total carbohydrate amount. This value shows the total amount of both natural and added sugars.

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Note: This information is not meant to replace any information or personal medical advice which you get directly from your doctor(s). If you have any questions about this information, such as the risks or benefits of the treatment listed, please ask your doctor(s).