

Reading Food Labels

Why read food labels?

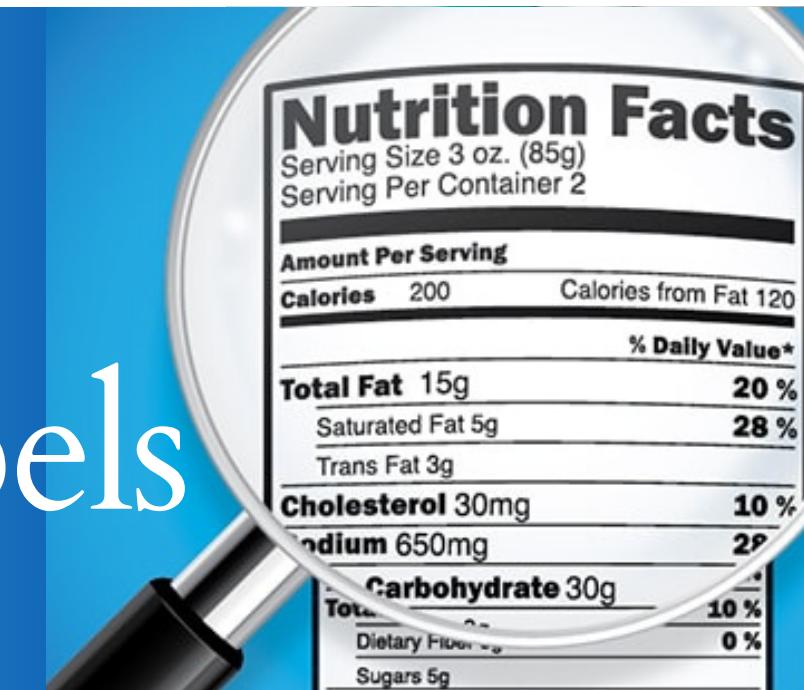
Food labels help you understand what's in your food, so you can make healthier choices to manage your blood sugar.

What should I look for?

- Carbohydrates: Check total carbs to manage blood sugar.
- Sugars: Limit added sugars.
- Fibre: Choose foods high in fibre to help blood sugar control.
- Fats: Prefer healthy fats; limit saturated and trans fats.
- Serving size: Always compare the label to how much you actually eat.

Tips for reading labels:

- Look at total carbs first, not just sugars.
- Check the ingredient list—ingredients are listed from most to least.
- Watch for hidden sugars: words like corn syrup, dextrose, sucrose.
- Choose high-fibre, low-sugar options when possible.
- Compare similar products to make the healthier choice.



Can reading labels help manage T2D?

Yes! Knowing what's in your food helps you control blood sugar and make better meal choices. Small changes add up.

Quick Tips for Smarter Grocery Choices

- Choose whole foods like fruits, vegetables, and whole grains.
- Limit processed foods that are high in sugar, salt, or unhealthy fats.
- Look for “low sugar” or “no added sugar” labels, but check carbs too.
- Use serving size to track how much you actually eat.
- Pick lean proteins like chicken, fish, beans, or tofu.
- Drink water instead of sugary drinks.

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist