

# 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