



Reading a Nutrition Label

Reading product labels is vital to making educated decisions about purchasing food. Products often require labeling information that can provide helpful insight into the product's contents and potential health implications. Understanding the common parts of a label and what to look for can help anyone become a more informed and savvy consumer.

Ingredients List

The ingredients list indicates what a product contains and will be the most telling piece of information on a label. The list should be straightforward and easy to read – it should also be in descending order, starting with the ingredient most present and ending with the least. The names of all ingredients should be easily understandable and not contain common allergens.

Food Allergens

According to the U.S. Food and Drug Administration, the eight most common food allergens are milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. Food makers must include these allergens' presence on their labels and highlight them through a dedicated "contains" statement in the ingredients list or a precautionary statement.

Nutrition Facts

Reading nutrition facts can benefit individuals trying to manage their weight or dietary needs. The nutrition facts panel contains information on the product's number of calories and nutrients per serving size. The nutrients listed will be based on the product's ingredients and can include information on fat, cholesterol, sodium, carbohydrates, fiber, and various vitamins and minerals.

Expiration Date

Expiration dates inform buyers when the product will begin decaying or spoiling. Paying attention to the date of purchase and the expiration date is essential for health and safety reasons, and it also determines the product's shelf life.

Reading a product's label is essential to making smart food-buying decisions. A little research and awareness of the label's contents can ensure buyers make the best choice for their needs.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.