

Food Label Reading

Prepare for your Dm2life label reading class

What you'll learn

- How to find serving sizes and what they really mean
- Total carbs, fiber, and net carbs explained
- Spotting hidden sugars and sugar alcohols
- Comparing similar products side by side
- Label-to-plate practice for meals and snacks

Pre-class checklist

Check each item off before your session so we can spend our time on you, not on paperwork.

- ☐ Bring 2-3 food labels from items you buy regularly
- ☐ Think about one food you avoid because you are unsure of the label
- ☐ Have a notebook or phone ready for quick notes
- ☐ List your go-to snacks and breakfast items

Read a label in five steps

- Serving size first — every number on the label refers to this amount.
- Servings per container — a small bag is often 2 or 3 servings.
- Total Carbohydrate — this is the number that matters, not "sugars" alone.
- Fiber — 3 grams or more per serving is a good sign; some people subtract fiber over 5 grams.
- Ingredients — names ending in "-ose" (sucrose, dextrose), syrups, honey, and concentrates are all added sugars.

Compare two products before class

Product A — serving size, total carb, fiber, added sugar

Product B — serving size, total carb, fiber, added sugar

Bring-your-own notes

Questions I want answered in class

Brief intake questionnaire

Answer these before class and share them at the start of our session.

- Do you read nutrition labels now? What confuses you most?

- Which aisles or foods do you spend the most time debating?

- What would help you feel confident shopping for groceries?

My one goal for this class

Always follow your doctor or provider's advice and prescriptions. These materials are for education only and do not diagnose, treat, or replace medical care.