

## Nutrition Label Reading 101 *By Aubrey Uhling, RD*

**Y**ou've met with your dietitian and know how many calories, carbohydrates, fat and protein you should be consuming daily. You arrive at the grocery store... now what?

Learning how to read a food label will help to make quick, informed food choices that contribute to a healthy diet. This process can be tricky in the beginning, so first try looking for one or two specific nutrients that apply to your goals. Then, add in others that apply slowly. (Helpful hint: use the calculator on your phone!)

- Note the size of a single serving and how many servings are in the package. If you know that you are going to eat the whole package, multiply everything by the number of servings. Example: four servings at 150 calories per serving is actually 600 calories.
- Disregard the percentages on the far right. These are just confusing as not everyone is on a 2,000 calorie diet.

- Focus on the grams of each nutrient.
- Check total calories per serving. Try to choose items that are less than 400 calories per serving.
- Limit consumption of saturated and trans fat. No more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet) should be consumed daily.
- Check out the fiber. The more fiber in a product, the more full you'll feel. Look for items that have at least 2.5 grams of fiber. A product high in fiber should have more than 5 grams.
- Limit sodium. Try to choose food items that are less than 400 mg per serving in sodium. Products low in sodium should have less than 150 mg per serving.

Reading food labels takes practice. First try using these tips with food items in your pantry and then apply them when shopping.

### Nutrition Counseling/ Planning Now Available

**R**egistered Dietitian Aubrey Uhling is now seeing patients at Thunderbird Internal Medicine's suite C-1 location. Her medical nutritional therapy and nutrition counseling helps individuals with weight loss, diabetes, heart and digestive issues, food allergies and those wishing to enhance their overall nutritional program. A graduate of the Nutrition/Dietetics undergraduate program of the University of Arizona, Aubrey completed her Dietetic Internship through the University of Houston where she earned her Registered Dietitian license.

"Adding dietetics and nutrition to our scope of services furthers our commitment to person-centric care," said Brian Riveland, MD, chief executive officer. "We are proud to add these important services to our practice."

To schedule, call 602-341-5248.

### A Link Between Hearing and Diabetes?

**I**n the U.S., nearly 26 million people have diabetes while an estimated 34.5 million have some type of hearing loss. Is there a link? The National Institute of Health has found that hearing loss is twice as common in people with diabetes. Of the 79 million adults thought to have pre-diabetes, the rate of hearing loss is 30% higher than in those with normal blood sugar. Have you had your hearing checked lately?



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