



Food-Label Practice

Fictional values for reading practice only. Not a recommended serving, food choice or target.

How to use this sheet: read each fictional label, answer the three questions, then check the answer key on the last page. The same practice is online at naturaldiabetesremedy.com/resources/label-practice/.

Label 1: Fictional cereal

Line	Amount
Servings per container	2
Serving size	1 cup (40 g)
Total carbohydrate	18 g
Dietary fiber	3 g
Total sugars	5 g
Includes added sugars	4 g

The 18 g of total carbohydrate describes: ☐ one labeled serving ☐ the whole package ☐ 100 g of the food

2. Total carbohydrate listed for the whole package: _____ g

Which line already counts the added sugars? ☐ Total sugars ☐ Dietary fiber ☐ Neither

Label 2: Fictional crackers

Line	Amount
Servings per container	4
Serving size	6 crackers (30 g)
Total carbohydrate	21 g
Dietary fiber	1 g
Total sugars	2 g
Includes added sugars	2 g

The 21 g of total carbohydrate describes: ☐ one labeled serving ☐ the whole package ☐ 100 g of the food

2. Total carbohydrate listed for the whole package: _____ g

Which line already counts the added sugars? ☐ Total sugars ☐ Dietary fiber ☐ Neither

Label 3: Fictional yogurt

Line	Amount
Servings per container	1
Serving size	1 container (150 g)
Total carbohydrate	12 g
Dietary fiber	0 g
Total sugars	9 g
Includes added sugars	6 g

The 12 g of total carbohydrate describes: ☐ one labeled serving ☐ the whole package ☐ 100 g of the food

2. Total carbohydrate listed for the whole package: _____ g

Which line already counts the added sugars? ☐ Total sugars ☐ Dietary fiber ☐ Neither

Label 4: Fictional soup

Line	Amount
Servings per container	2.5
Serving size	1 cup (245 g)
Total carbohydrate	15 g
Dietary fiber	2 g
Total sugars	3 g
Includes added sugars	1 g

The 15 g of total carbohydrate describes: ☐ one labeled serving ☐ the whole package ☐ 100 g of the food

2. Total carbohydrate listed for the whole package: _____ g

Which line already counts the added sugars? ☐ Total sugars ☐ Dietary fiber ☐ Neither

Answer key

Label 1. (1) One labeled serving, 1 cup (40 g). (2) $18\text{ g} \times 2\text{ servings} = 36\text{ g}$. (3) Total sugars, which includes naturally occurring and added sugars.

Label 2. (1) One labeled serving, 6 crackers (30 g). (2) $21\text{ g} \times 4\text{ servings} = 84\text{ g}$. (3) Total sugars, which includes naturally occurring and added sugars.

Label 3. (1) One labeled serving, 1 container (150 g). (2) $12\text{ g} \times 1\text{ servings} = 12\text{ g}$. (3) Total sugars, which includes naturally occurring and added sugars.

Label 4. (1) One labeled serving, 1 cup (245 g). (2) $15\text{ g} \times 2.5\text{ servings} = 37.5\text{ g}$. (3) Total sugars, which includes naturally occurring and added sugars.

Line names and meanings follow the FDA guide to the Nutrition Facts label

(<https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>, retrieved October 18, 2026). What a number on a real label means for you is a question for your care team.

General education, not medical advice. Examples are fictional. Written with AI assistance; not yet reviewed by a clinician. Personal health decisions belong with your care team.