

What's That Mean? – Food Labels for Diabetics

Okay, I know I shouldn't have had those chips, but...

You know, having diabetes doesn't mean you have to feel guilty about eating snacks.

You just need to count the carbs and take insulin for the carbs you eat.

Always read the label. That's how you know how many carbs packaged foods have. But they can be tricky. You have to know how many carbs are in each serving, and how many servings are in each package. Know what I mean?