



Recommendations for Special Dietary Needs

Nutrition Label Review

- Check the serving size as the amounts listed on a label are for one serving.
- Use percent daily value (%DV) as a tool. The %DV is the percentage of the daily value for each nutrient in a serving of the food and shows how much of a nutrient contributes to a total daily diet.

Nutrients →

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

← Serving Information

← Calories

← Quick guide to %DV

- 5% or less is **low**
- 20% or more is **high**

Diabetes Friendly and Heart Healthy

For individuals living with diabetes, pre-diabetes, hypertension/high blood pressure and/or heart disease.

- Items should be low (i.e., less than or equal to 10%) in sodium, saturated fat and cholesterol.
- Items should be a good source (i.e., 10% or more per serving) of at least one of the following: dietary fiber, potassium, vitamin D, calcium or iron.
- Check the carbohydrates:
 - Dietary fiber should be 10% or more per serving.
 - Items should not have any added sugar (e.g., 0g or 0%).

YES

- Any fresh fruits and vegetables
- Canned fruit in 100% fruit juice or light syrup
- Whole grains, including whole wheat bread and pasta
- Whole grain cereal and oats
- Brown rice
- Low sodium canned vegetables and beans (≤230mg)
- Meals, soups and stews with ≤600mg sodium
- Fresh or canned fish
- Poultry (e.g., turkey or chicken)
- Low sodium deli meat
- Pork tenderloin
- Lean beef (≥90% lean or 90/10)
- No/low fat dairy milk, yogurt and cheese
- Unsweetened dairy alternatives
- Nuts and seeds
- Water, sparkling water with no sugar added, plain tea and coffee

LESS

- Food and drink with added sugar
- Canned fruit in heavy syrup
- Refined grains (e.g., food items with enriched flour listed as the first ingredient)
- Cereal with ≥12g added sugar
- White rice
- Regular canned items with ≥230 mg sodium
- Meals, soups and stews with ≥600 mg sodium
- Canned fish with ≥480 mg sodium
- Deli meat with ≥480 mg sodium
- Bacon, ham or hot dogs with ≥5 g saturated fat and ≥480 mg sodium
- Beef that is ≤90% lean (e.g., 85/15)
- Whole milk, whole yogurt and full-fat cheese
- Dairy alternatives with added sugar
- Cookies, candy and salty snack foods
- Sweetened tea, coffee and soda with >0g added sugar

KEY: ≤ less than or equal to
≥ greater than or equal to



Vegetarian and Vegan

- **Vegetarian diet:** Mostly plant-based but can include eggs, milk or cheese, while avoiding meat, poultry or fish
- **Vegan diet:** Only plant-based foods, excluding all meat, poultry, fish, dairy and eggs

YES (FOR VEGETARIANS AND VEGANS)

- Any fresh fruits and vegetables
- Canned fruits and vegetables
- Vegetarian beans without pork or other meat
- Canned vegetarian soup
- Vegetable broth
- Grains
- Dairy alternatives such as almond, soy, oat or other nut milks
- Nuts and seeds
- Plain water, juice, coffee and tea

YES FOR VEGETARIANS / NO FOR VEGANS

- Canned soup or meal with milk and/or cream
- Mac and cheese
- Egg noodles
- Dairy milk, yogurt, cheese or butter
- Coffee or tea with dairy added
- Tofu

Gluten-Free

- **A gluten-free diet is an eating plan that excludes foods containing gluten. Gluten is a protein found in wheat, barley and rye.**

YES

- Any fresh fruits and vegetables
- Canned fruits and vegetables
- Beans
- Dairy
- Nuts and seeds
- Meats (without sauces)
- Gluten-free whole grains such as quinoa, brown rice, wild rice, buckwheat, sorghum, tapioca, millet, amaranth, teff, arrowroot, gluten-free oats
- Rice (jasmine, basmati, white)

AVOID

- Wheat, rye, barley, whole wheat
- Wheat berries, graham, bulgur, farro
- Farina, durum, kamut, bromated flour
- Spelt
- Soy sauce

Check the following foods as they MAY contain gluten:

granola bars and energy bars, lunch meats, candy and candy bars, soups, potato and tortilla chips, salad dressings/marinades and pre-seasoned meats. When in doubt, read the ingredients.

For prepackaged meals and sauces (or other foods that may contain gluten), check for the following:

1. Gluten-free labels
 - This label is regulated by the Food and Drug Administration (FDA). Wheat free does not mean a food is gluten free.
2. Allergen listings
 - If a package says "contains wheat", it is NOT gluten free. Check the ingredient list for other sources of gluten.
3. Ingredient list
 - Check the list for wheat, barley, rye, malt, brewer's yeast and oats (unless labeled as gluten-free oats).