

Look at the label

Nutrition information on food labels...

- Helps you make informed food choices
- Helps you follow Canada's Food Guide
- Is required on most packaged foods
- Is based on Health Canada's regulations



Nutrition claims

There are two types of nutrition claims:

1) Nutrient content claims

tell you about one nutrient such as sodium, fat or sugar.

2) Health claims

tell you how your diet can affect your health.



Nutrition Facts table

The Nutrition Facts table provides you with information on the Calories and 13 nutrients for the serving size shown.

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 5 mg	6 %
Carbohydrate 17 g	12 %
Fibre 3 g	
Sugars 14 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 0 %	Iron 4 %

Ingredient list

The ingredient list tells you what ingredients are in a packaged food.



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Fact Sheet #1

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- Canadian Council of Grocery Distributors
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All about nutrients

Why are the nutrients on the Nutrition Facts table important for your health?

Fat

Fat provides energy and nutrients for your body. However, if you eat *too much* fat or *too much of certain kinds* of fat, such as saturated fat and trans fat, you could develop heart disease or type 2 diabetes.

Cholesterol

Your body makes *most* of its own cholesterol, but also gets *some* cholesterol from foods that you eat. Cholesterol builds the cells and hormones in your body. Too much cholesterol in your blood can lead to heart attacks or strokes.

Sodium

Sodium is another name for salt. Salt helps to balance the fluids in your body, but for some people, eating *too much* salt may be harmful.

Carbohydrate

Carbohydrate provides energy for your muscles and your brain. Sugar and fibre are two types of carbohydrate shown on the Nutrition Facts table.

If you have diabetes, you can help control your blood glucose by:

- Dividing carbohydrate evenly into meals and snacks throughout the day
- Eating foods high in fibre

Protein

Protein builds your muscles, bones and teeth.

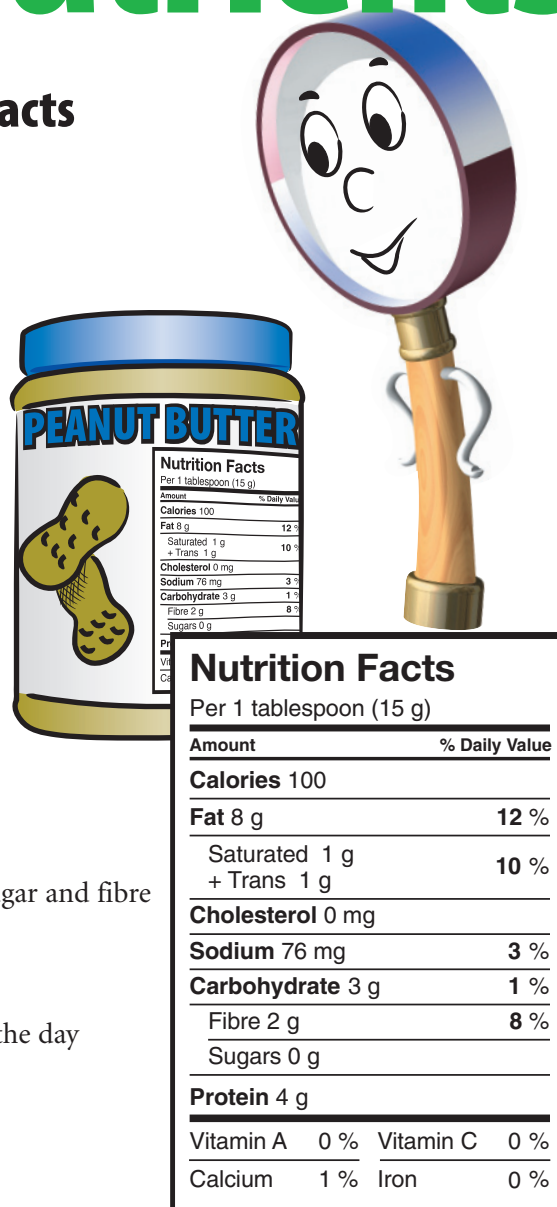
Vitamins

Vitamin A keeps your skin and eyesight healthy. Vitamin C helps your body fight infections.

Minerals

Calcium gives you strong bones and teeth and may prevent osteoporosis. Iron helps your red blood cells carry oxygen throughout your body.

Eat a variety of foods to get the nutrients your body needs.



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Fact Sheet #2

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Take 5 to read the facts

Got 5 minutes? Follow these 5 easy steps to read the Nutrition Facts table.

1 Serving size

If you eat the serving size shown on the Nutrition Facts table, you will get the amount of Calories and nutrients that are listed. Always compare the serving size on the package to the amount that you eat.

2 Calories

Calories tell you how much energy you get from one serving of a packaged food.

3 Percent Daily Value (% Daily Value)

% Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a *little* or a *lot* of a nutrient in one serving of a packaged food.

4 Get less of these nutrients:

- Fat, saturated fat and trans fat
- Cholesterol
- Sodium

Choose packaged foods with a *low* % Daily Value of fat and sodium, especially if you are at risk for heart disease or diabetes.



5 Get more of these nutrients:

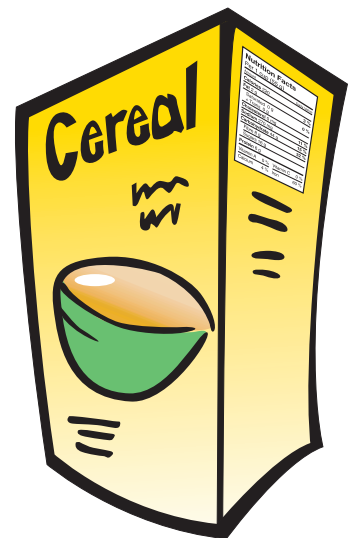
- Fibre
- Vitamin A and Vitamin C
- Calcium
- Iron

Choose packaged foods with a *high* % Daily Value of these nutrients. If you have diabetes, watch how much carbohydrate you eat as this will affect your blood glucose levels.

Nutrition Facts	
Per 1 cup (55 g)	
Amount	% Daily Value
Calories 220	
Fat 2 g	3 %
Saturated 0 g	
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 270 mg	11 %
Carbohydrate 44 g	15 %
Fibre 8 g	32 %
Sugars 16 g	
Protein 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 40 %



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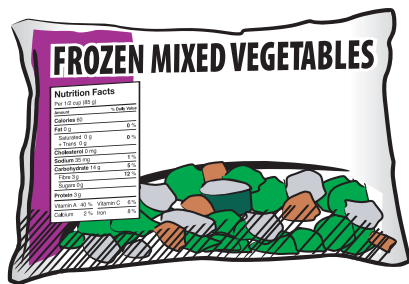
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Using percent Daily Value (% Daily Value)

Use % Daily Value to find out if there is a little or a lot of a nutrient in one serving of a packaged food.

What is % Daily Value?

% Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a *little* or a *lot* of a nutrient in one serving of a packaged food.

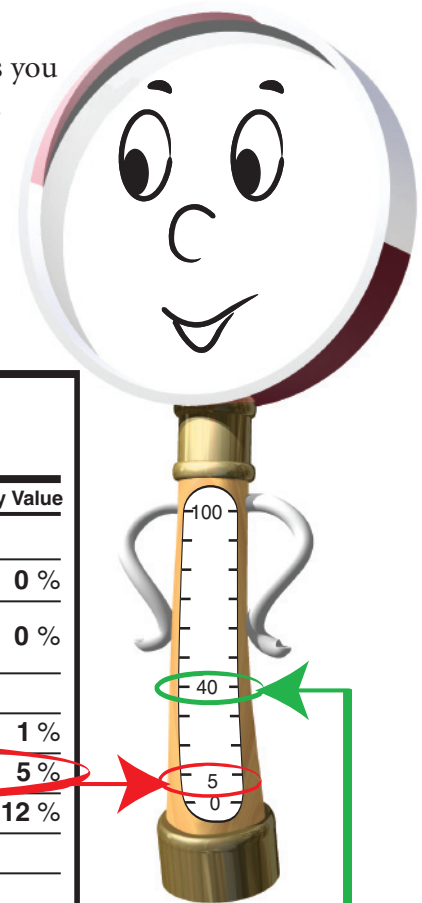


What is a little and what is a lot?

Let's look at the % Daily Value on the Nutrition Facts table for this package of vegetables:

- One serving has 5% Daily Value for carbohydrate. This is a *little* because it is *low* on the scale.
- One serving has 40% Daily Value for Vitamin A. This is a *lot* because it is *high* on the scale.

Nutrition Facts	
Per 1/2 cup (85 g)	
Amount	% Daily Value
Calories 60	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 35 mg	1 %
Carbohydrate 14 g	5 %
Fibre 3 g	12 %
Sugars 0 g	
Protein 3 g	
Vitamin A 40 %	Vitamin C 6 %
Calcium 2 %	Iron 8 %



Make healthy food choices by using % Daily Value.



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