

# Look at the label

## Nutrition information on food labels...

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

Nutrition claims

Ingredient list

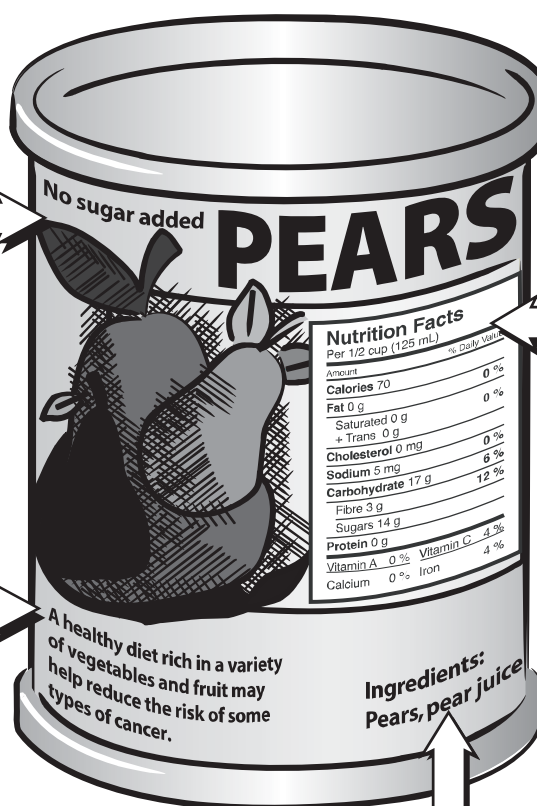
Nutrition facts table



1

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.



2

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
<b>Calories 70</b>	
<b>Fat 0 g</b>	<b>0 %</b>
Saturated 0 g	0 %
+ Trans 0 g	0 %
<b>Cholesterol 0 mg</b>	
<b>Sodium 5 mg</b>	<b>0 %</b>
<b>Carbohydrate 17 g</b>	<b>6 %</b>
Fibre 3 g	12 %
Sugars 14 g	
<b>Protein 0 g</b>	
Vitamin A 0 %	Vitamin C 4 %
Calcium 0 %	Iron 4 %

3

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 • Canadian Home Economics Association • Canadian Public Health Association
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# All about nutrients

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

### Fat

Fat provides 1 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 2 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 3 and hormones in your body. Too much cholesterol in your blood can lead to heart attacks or 4.

### Sodium

Sodium is another name for 5. Salt helps to balance the fluids in your body, but for some people, eating *too much* salt may be 6.

### Carbohydrate

Carbohydrate provides energy for your 7 and your 8. Sugar and fibre are two types of carbohydrate shown on the Nutrition Facts table.

If you have diabetes, you can help control your blood 9 by:

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

### Protein

Protein builds your muscles, bones and 10.

### Vitamins

Vitamin A keeps your 11 and 12 healthy. Vitamin C helps your body fight infections.

oxygen    teeth  
 brain    harmful  
 disease    energy    cells  
 salt    muscles  
 glucose    skin  
 osteoporosis  
 eyesight    strokes

### Nutrition Facts

Per 1 tablespoon (15 g)

Amount	% Daily Value
<b>Calories</b> 100	
<b>Fat</b> 8 g	<b>12 %</b>
Saturated 1 g + Trans 1 g	<b>10 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 76 mg	<b>3 %</b>
<b>Carbohydrate</b> 3 g	<b>1 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 0 g	
<b>Protein</b> 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 1 %	Iron 0 %

### Minerals

Calcium gives you strong bones and teeth and may prevent 13. Iron helps your red blood cells carry 14 throughout your body.

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



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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. \_\_\_\_\_

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

3. \_\_\_\_\_ )

% 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 \_\_\_\_\_

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

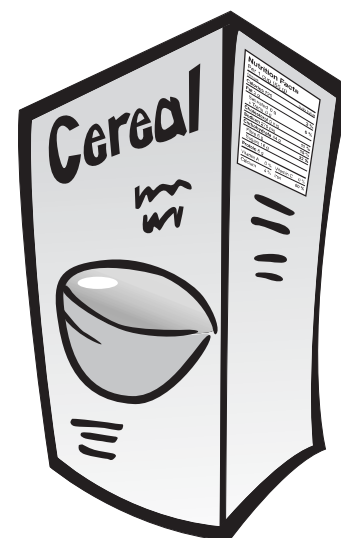
Choose packaged foods with a *low* % Daily Value of fat and sodium, especially if you are at risk for heart disease or diabetes.

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

5. Get more of these nutrients:

- \_\_\_\_\_
- \_\_\_\_\_
- 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.



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Fact Sheet # 3

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