

Take 5 to Read the Facts

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	
Sodium 5 mg	0 %
Carbohydrate 17 g	6 %
Fibre 3 g	12 %
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.

Nutrition information on food labels...

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

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 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:

- Carbohydrate
- 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.



www.healthyeatingisinstore.ca

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