

# Food Labels & Your Diet

## Making Sense of Reading Food Labels



### Where to find information about foods?

- There are three places to find Information about the food you eat.
  1. Nutrition Facts
  2. The Ingredient List
  3. Nutrition Claims



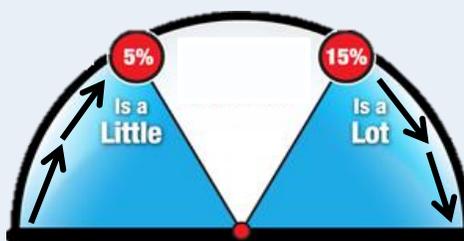
### 1) Nutrition Facts and Serving Size

The nutrition facts table contains a list of important nutrients and their amounts based on the serving size.

Amount	% Daily Value
Calories 260	
Fat 13g	20%
Saturated Fat 3g + Trans Fat 2g	25%
Cholesterol 30mg	
Sodium 660mg	28%
Carbohydrate 31g	10%
Fibre 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

1. Serving sizes are the amount of food you need to eat to get the amount of calories and nutrients shown in the nutrition facts table.
2. The % daily value shows you the amount of nutrients in the food on a scale from 0% to 100% based on the serving size. You can also use the % daily value to help choose products that are higher in the nutrients you want more of and lower in the nutrients you want less of. This is based on a 2,000 calorie diet and your daily values may be higher or lower depending on your calorie needs.
3. These are nutrients you want less of. For example sodium, saturated fats and trans fats (5% daily value or less).
4. These are nutrients you want more of. For example fibre, and nutrients (15% daily value or more).

### Percent Daily Value: How much is too much?



Use this as a guide when choosing foods! This applies to all nutrients.

### Here is an example of how to choose using % daily value.



You are at the grocery store looking at yogurt. The small container (175g) of yogurt you pick has a little saturated and trans fat (4% DV) and a lot of calcium (20% DV) – this is a good choice if you are trying to eat less saturated or trans fat and more calcium as part of a healthy lifestyle!



It is important to keep in mind the serving sizes listed on food products, because it might not be the amount you actually eat.

## 2) The Ingredient List

- The ingredient list is found on all packaged products, and contains all of the ingredients in the food, in descending order by weight.
- This means foods contain more of the ingredients at the beginning of the list, and less of the ingredients at the end of the list.

Below is an example of a food that has a lot of sugar:

### GRANOLA BAR INGREDIENTS:

Glucose-fructose, Chicory Root Extract (insulin fibre), Sugar, Whole Grain Rolled Oats, Puffed Wheat, High Maltose Corn Syrup, Whole Grain Barley Flakes, Chocolate Chips (Sugar, Cocoa Butter, Milk), Crisp Rice (Malt Extract, Rice Flour, Sugar).

## 3) Nutrition Claims

- Nutrition claims tell you information about a nutrient that is in the food.
- Products labelled "Cholesterol Free" or "No Cholesterol" may still be high in fat.
- Choose fat free yogurt with no sugar.
- Juices labelled "No Sugar Added" are high in calories and contain fructose.
- Products labelled "Light" can also refer to the colour or texture.

## How to compare two products:

### 1. Look at the amounts of food

- Compare the serving sizes.
- Cracker A** has 9 crackers and weighs 23 grams. **Cracker B** has 4 crackers and weighs 20 grams.
- Since the weights are similar, you can compare the nutrition facts tables.

### 2. Read the % daily value (DV)

- Look at % DVs for saturated and trans fats, sodium, and fibre.
- Cracker A** has 13% DV for saturated and trans fats, and 12% DV for sodium and 4% DV for fibre. **Cracker B** has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

### 3. Choose

- In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fat, less sodium and more fibre as part of a healthy lifestyle.

**Cracker A**

Nutrition Facts	
Per 9 crackers (23 g)	
Amount	% Daily Value
<b>Calories</b> 90	
<b>Fat</b> 4.5 g	7 %
Saturated 2.5 g + Trans 0 g	13 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 280 mg	12 %
<b>Carbohydrate</b> 12 g	4 %
Fibre 1 g	4 %
Sugars 0 g	
<b>Protein</b> 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

**Cracker B**

Nutrition Facts	
Per 4 crackers (20 g)	
Amount	% Daily Value
<b>Calories</b> 90	
<b>Fat</b> 2 g	3 %
Saturated 0.3 g + Trans 0 g	2 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 90 mg	4 %
<b>Carbohydrate</b> 15 g	5 %
Fibre 3 g	12 %
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %