

DECODING THE NUTRITION LABEL

As of 2005, all major food companies introduced the new nutrition label on their packaged foods. The main part of the label is the Nutrition Facts table, which provides information on:

- Calories
- Saturated fat
- Sodium
- Fibre
- Protein
- Vitamin C
- Iron
- Fat
- Cholesterol
- Carbohydrate
- Sugars
- Vitamin A
- Calcium

Start Here
Check Serving Size

Check Calories

Limit These Nutrients

Get Enough of These Nutrients

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 270%	Vitamin C 10%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 30g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Quick Guide to % Daily Value
5% or less is low
20% or more is high

Footnotes



5 STEPS TO HELP YOU READ A NUTRITION LABEL

Step 1: Look At The Serving Size

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

Step 2: Look At The Calories

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

Step 3: Look At The 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. Use this percentage to compare the nutrient content of different foods.

- 5% DV or less is a little
- 15% - 20% DV or more is a lot

Step 4: Try To Get More Of These Nutrients

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

Step 5: Try To Get Less Of These Nutrients

- Saturated fat
- Trans fat
- Sodium
- Cholesterol

Use Nutrition Facts Labels To:

1. Compare products more easily.
2. Find out the nutritional value of foods.
3. Better manage special diets, such as one that is low in sodium.
4. Increase or decrease your intake of a particular nutrient (e.g. increase fibre and decrease saturated fat).

