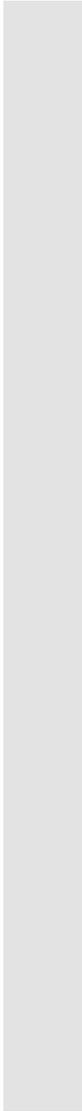


# Nutrition Label Reading





Here are some quick tips  
to help you shop at the  
grocery store with  
confidence!

# Nutrition Facts Table

Why read the nutrition facts table on food products?

- Learn about a food's nutritional value
- See if a food contains a little or a lot of a nutrient
- Compare different food products to help make informed choices
- Help to manage conditions that require a special diet

# Step 1: Before looking at the nutrition information, check the **servicing size!**

- Compare this number to the amount you will actually eat
- For example, if the serving size is 1/2 cup cereal, but you plan to eat 1 cup, you must double the quantity of all nutrients listed because you are eating double the serving size

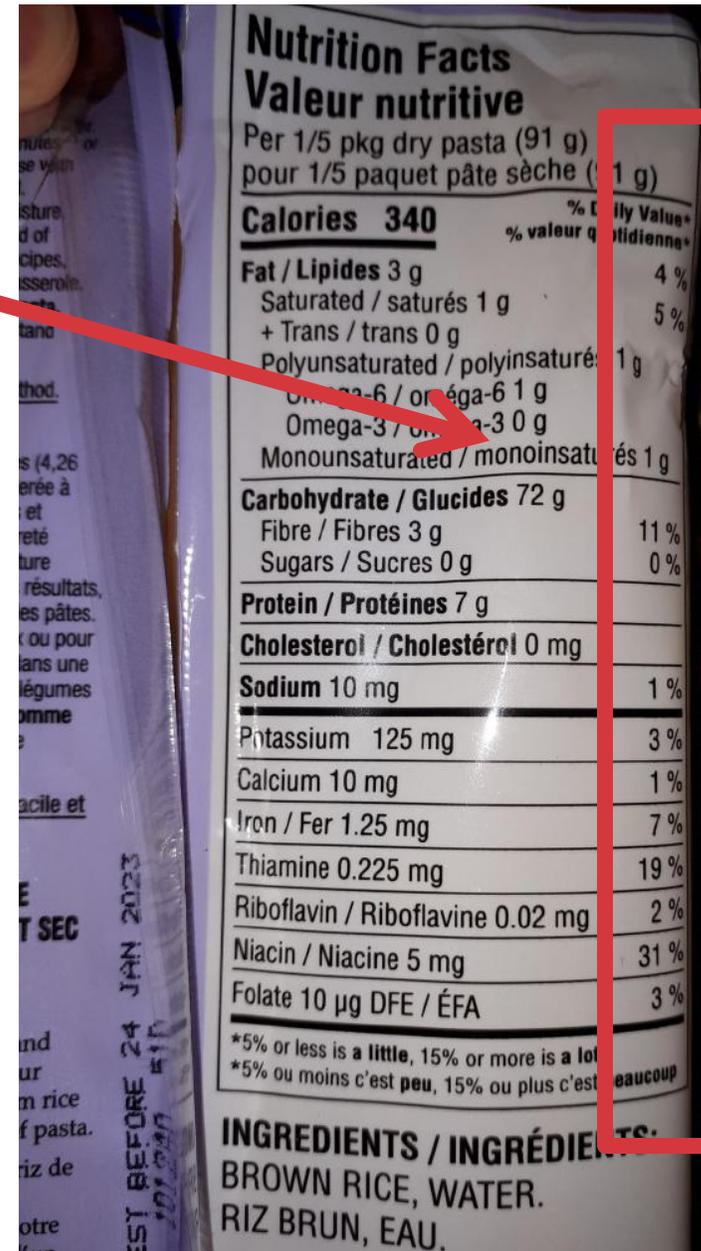
Nutrition Facts	
Valeur nutritive	
Per 1/5 pkg dry pasta (91 g) pour 1/5 paquet pâte sèche (91 g)	
<b>Calories</b> 340	% Daily Value*
<b>Fat / Lipides</b> 3 g	4 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 1 g	
Omega-6 / oméga-6 1 g	
Omega-3 / oméga-3 0 g	
Monounsaturated / monoinsaturés 1 g	
<b>Carbohydrate / Glucides</b> 72 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines</b> 7 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 10 mg	1 %
Potassium 125 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 1.25 mg	7 %
Thiamine 0.225 mg	19 %
Riboflavin / Riboflavine 0.02 mg	2 %
Niacin / Niacine 5 mg	31 %
Folate 10 µg DFE / ÉFA	3 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**INGREDIENTS / INGRÉDIENTS:**  
BROWN RICE, WATER.  
RIZ BRUN, EAU.

## Step 2: look at the percent daily values on the right hand side of the product

- 15% or more means "a lot"
- 5% or less means "a little"
- Generally, finding products with 15% or more fibre and vitamins/minerals can be helpful for your health
- Looking for products with 5% or less sodium, sugar, saturated and trans fats can also be helpful for your health



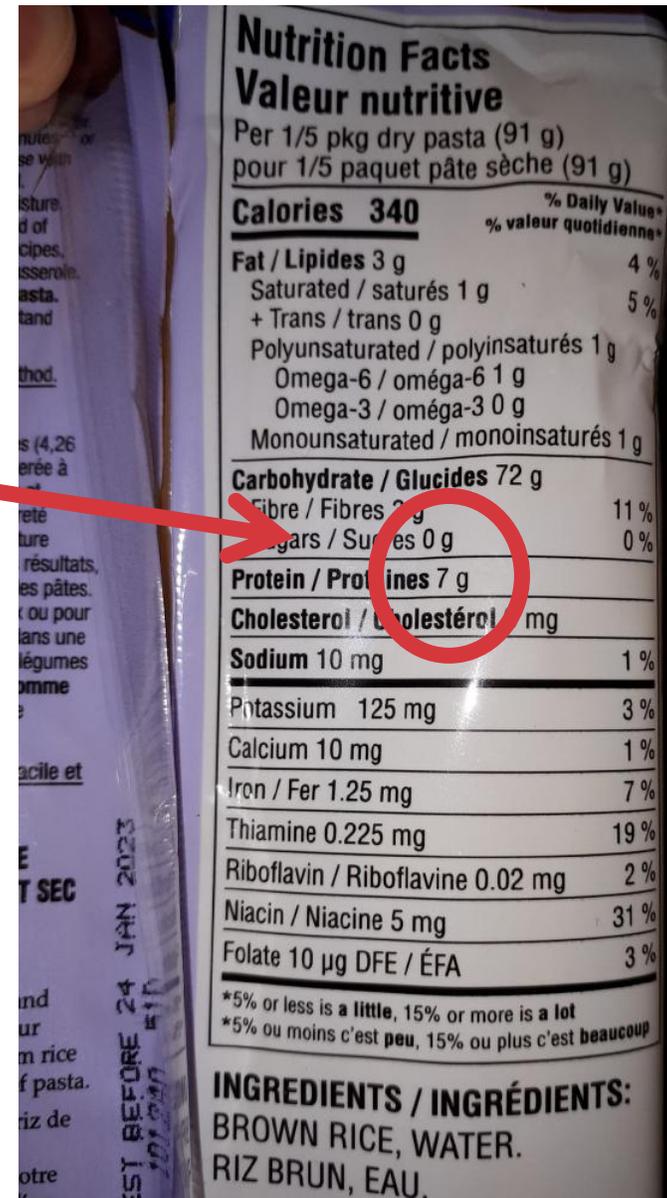
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## Step 3: Nutrients without a % daily value

- Some nutrients, such as protein, do not have a % daily value
- For these, the amount you need is dependent on many things such as your age, gender, amount of exercise you do and if you have any chronic illnesses
- For more information about your specific needs, please arrange an appointment with your Registered Dietitian



Nutrition Facts		Valeur nutritive	
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pour 1/5 paquet pâte sèche (91 g)			
Calories 340		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides	3 g		4 %
Saturated / saturés	1 g		5 %
+ Trans / trans	0 g		
Polyunsaturated / polyinsaturés	1 g		
Omega-6 / oméga-6	1 g		
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**INGREDIENTS / INGRÉDIENTS:**  
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# Ingredients List

- The ingredients list shows all of the ingredients in a packaged food product
- Ingredients are listed in order of weight, with the ones weighing the **most** listed **first**, and the ones weighing the **least** listed **last**
- This means there is **MORE** of an ingredient listed first, and **LESS** of ingredients listed later
- For example, on this ingredients list, **WHOLE WHEAT** is the first ingredient
  - this means the product is mostly whole wheat

*Ingredients: whole wheat,  
wheat bran, glucose-  
fructose, salt*

Sometimes ingredients can have **many names!**  
Here are some of the more commonly used  
names:

**Saturated fat-** bacon, beef fat, butter, chicken fat, cocoa butter, coconut or coconut oil, hydrogenated fats and oils, lard, palm or palm kernel oil, powdered whole milk solids, shortening, suet, tallow

**Trans fat-** hard margarine, hydrogenated fats and oils, partially hydrogenated fats and oils, shortening

**Sodium-** baking powder, baking soda, brine, celery salt, disodium phosphate, garlic salt, monosodium glutamate (MSG), onion salt, salt, sodium alginate, sodium benzoate, sodium bisulfate, sodium propionate, soy sauce

**Sugar-** brown sugar, cane juice extract, corn syrup, demerara or turbinado sugar, dextrose, evaporated cane juice, fructose, galactose, glucose, glucose-fructose, high-fructose corn syrup, honey, invert sugar, lactose, liquid sugar, maltose, molasses, sucrose, syrup, treacle

## Nutrition Claims

- There are two types of nutrition claims that are regulated by Health Canada on food products: **nutrient content claims** and **health claims**
- These kinds of claims must follow certain rules from Health Canada to be on food products
- This is to make sure these claims are reliable and not misleading

# Nutrition Claims

## Nutrient content claims:

- These claims describe the amount of a nutrient in a food product
- Use these to help find products that contain nutrients you are trying to eat **MORE** of
- Look on the label for phrases like **"source of"**, **"high in"**, **"good source of"**, **"very high in"**, **"excellent source of"**
- For example, "source of iron", "very high in fibre"
- They can also help you find products with nutrients you are trying to eat **LESS** of
- Look on the label for phrases like **"free"**, **"low"** and **"reduced"**
- For example, "sodium free", "trans-fat free", "low in sodium", "reduced fat"

For more information about nutrient content claims and what they mean, please visit the Health Canada website: <https://www.canada.ca/en/health-canada/services/understanding-food-labels/nutrient-content-claims-what-they-mean.html>

# Nutrition Claims

## Health claims:

- These are statements that link the food product with a **positive health effect**
- For example, “a healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer”
- Just like with nutrient content claims, health claims are regulated by Health Canada, and must meet certain specifications to make these claims

For more information about health claims on food products and what they mean, please visit the Health Canada website: <https://www.canada.ca/en/health-canada/services/understanding-food-labels/health-claims-what-they-mean.html>

We hope this information will make grocery shopping a little easier and less confusing for you!

If you still have questions, please book a consultation with one of the **Registered Dietitians** from the North Durham Family Health Team (no referral from your doctor is needed): **905-985-2895 ext. 6070**

