



HOW TO READ FOOD LABELS

Nutrition information on food labels can help you make healthy food choices.
Most food and drink labels have a Nutrition Facts table and Ingredient List:

Nutrition Facts Table

The Nutrition Facts table gives you information on total calories and 13 core nutrients.
Use the amount of food and the % Daily Value (%DV) to choose healthier food products.

Follow these 3 steps:

1) LOOK at the amount of food

Nutrition Facts are based on a specific amount of food called a “serving size”.
Compare the serving size to the amount that you eat.

2) READ the % Daily Value (%DV)

The % DV helps you see if a specific amount of food has a little or a lot of any nutrient.

3) CHOOSE

Make a healthier choice.



Source: Health Canada

Nutrition Facts	
Per 125mL (87g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1%
Saturated 0 g + Trans 0 g	0%
Cholesterol 0 mg	
Sodium 0 mg	0%
Carbohydrate 18 g	6%
Fibre 2 g	8%
Sugars 2 g	
Protein 3 g	
Vitamin A 2%	Vitamin C 10%
Calcium 0%	Iron 2%



Ontario

Cancer Care Ontario
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Aim For:

LESS of...		Examples
Fat	A diet low in fat helps keep a healthy body weight and lowers the chance of some diseases.	Fats and oils when cooking, creams and sauces, fast foods, baked goods.
Saturated and Trans Fat	Less saturated and trans fat keeps the heart healthy.	Milk products with more than 2% milk fat (%MF), fatty meat, fried and processed foods, hard margarine.
Sodium	Less sodium lowers risk of high blood pressure which can lead to heart and kidney diseases.	Salty snacks, processed and fast foods. E.g. fries, pizza, pickles, instant soups.
Sugar	Less sugar lowers the chance of tooth decay and weight gain.	Pop, juice, chocolate, candy, cake, cookies. <i>Other names for sugar:</i> corn syrup, cane syrup, glucose, fructose.

MORE of...		Examples
Fibre	A diet high in fibre makes you feel full longer, helps keep you regular, and helps control your body weight.	Fruits, vegetables, legumes, whole grain, breads and cereals
Calcium and Vitamin D	Foods with calcium and vitamin D keep teeth and bones strong and healthy.	Milk, yogurt, fish, leafy green vegetables, nuts, soy beverages
Vitamin A	Foods with vitamin A help maintain good eyesight. They are good for growing strong bones and fight against sickness.	Fruits, vegetables, cereals, liver, milk products
Iron	Iron rich foods keep the body and mind energized and alert. They are important for healthy growth.	Lean meats, legumes, eggs, whole grains, leafy green vegetables

How to Compare – Use these three steps!

Use the Nutrition Facts and the Ingredient List to help you.

1) LOOK at the amount of food

Cracker 1 has 4 crackers and weighs 20 grams.

Cracker 2 has 7 crackers and weighs 20 grams. Because the weights are similar, you can compare Nutrition Facts tables.

2) READ the % Daily Value (% DV)

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

Cracker 1 has 8% DV for saturated and trans fat, 6% for sodium and 8% for fibre.

Cracker 2 has 7% DV for saturated and trans fat, 6% for sodium and 12% for fibre.

3) CHOOSE

In this case, **Cracker 2** would be a healthier choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle!

Cracker 1

Nutrition Facts			
Per 4 crackers (20 g)			
Amount	% Daily Value		
Calories 90			
Fat 3 g			5 %
Saturated Fat 0.5 g + Trans Fat 1 g		8 %	
Cholesterol 0 mg			
Sodium 132 mg			6 %
Carbohydrate 14 g			5 %
Fibre 2 g			8 %
Sugars 2 g			
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	4 %

Cracker 2

Nutrition Facts			
Per 7 crackers (20 g)			
Amount	% Daily Value		
Calories 120			
Fat 2.5 g	4 %		
Saturated Fat 0.4 g			
+ Trans Fat 1 g	7 %		
Cholesterol 1 mg			
Sodium 135 mg	6 %		
Carbohydrate 21 g	7 %		
Fibre 3 g	12 %		
Sugars 3 g			
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	6 %