

# Look at the label

## Nutrition information on food labels...

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



### Nutrition claims

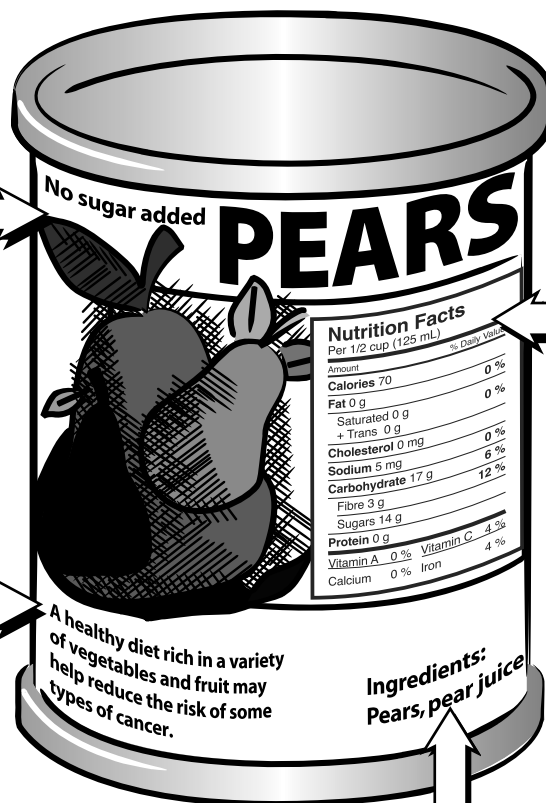
There are two types of nutrition claims:

#### 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
<b>Calories 70</b>	
<b>Fat 0 g</b>	<b>0 %</b>
Saturated 0 g	0 %
+ Trans 0 g	
<b>Cholesterol 0 mg</b>	
<b>Sodium 5 mg</b>	<b>0 %</b>
<b>Carbohydrate 17 g</b>	<b>6 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 14 g	
<b>Protein 0 g</b>	
Vitamin A 0 %	Vitamin C 4 %
Calcium 0 %	Iron 4 %

### Ingredient list

The ingredient list tells you what ingredients are in a packaged food.



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# All about nutrients

## Why are the nutrients on the Nutrition Facts table important for your health?

### Fat

Fat provides energy and nutrients for your body. However, if you eat *too much* fat or *too much of certain kinds* of fat, such as saturated fat and trans fat, you could develop heart disease or type 2 diabetes.

### Cholesterol

Your body makes *most* of its own cholesterol, but also gets *some* cholesterol from foods that you eat. Cholesterol builds the cells and hormones in your body. Too much cholesterol in your blood can lead to heart attacks or strokes.

### Sodium

Sodium is another name for salt. Salt helps to balance the fluids in your body, but for some people, eating *too much* salt may be harmful.

### Carbohydrate

Carbohydrate provides energy for your muscles and your brain. Sugar and fibre are two types of carbohydrate shown on the Nutrition Facts table.

If you have diabetes, you can help control your blood glucose by:

- Dividing carbohydrate evenly into meals and snacks throughout the day
- Eating foods high in fibre

### Protein

Protein builds your muscles, bones and teeth.

### Vitamins

Vitamin A keeps your skin and eyesight healthy. Vitamin C helps your body fight infections.

### Minerals

Calcium gives you strong bones and teeth and may prevent osteoporosis. Iron helps your red blood cells carry oxygen throughout your body.

**Eat a variety of foods to get the nutrients your body needs.**



Nutrition Facts	
Per 1 tablespoon (15 g)	
Amount	% Daily Value
Calories 100	
Fat 8 g	12 %
Saturated 1 g + Trans 1 g	10 %
Cholesterol 0 mg	
Sodium 76 mg	3 %
Carbohydrate 3 g	1 %
Fibre 2 g	8 %
Sugars 0 g	

### Nutrition Facts

Per 1 tablespoon (15 g)

Amount	% Daily Value
<b>Calories 100</b>	
<b>Fat 8 g</b>	<b>12 %</b>
Saturated 1 g + Trans 1 g	10 %
<b>Cholesterol 0 mg</b>	
<b>Sodium 76 mg</b>	<b>3 %</b>
<b>Carbohydrate 3 g</b>	<b>1 %</b>
Fibre 2 g	8 %
Sugars 0 g	
<b>Protein 4 g</b>	
Vitamin A 0 %	Vitamin C 0 %
Calcium 1 %	Iron 0 %



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# Take 5 to read the facts

Got 5 minutes? Follow these 5 easy steps to read the Nutrition Facts table.

## 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 that 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.

Nutrition Facts	
Per 1 cup (55 g)	
Amount	% Daily Value
<b>Calories</b> 220	
<b>Fat</b> 2 g	<b>3 %</b>
Saturated 0 g	
+ Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate</b> 44 g	<b>15 %</b>
Fibre 8 g	<b>32 %</b>
Sugars 16 g	
<b>Protein</b> 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 40 %

## 5 Get more of these nutrients:

- 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.



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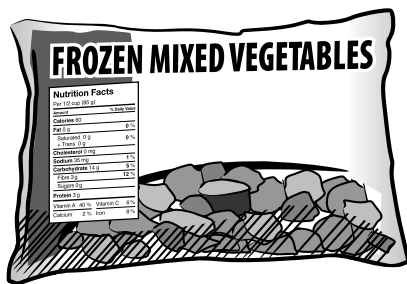
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# Using percent Daily Value (% Daily Value)

**Use % Daily Value to find out if there is a little or a lot of a nutrient in one serving of a packaged food.**

## What is % 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.

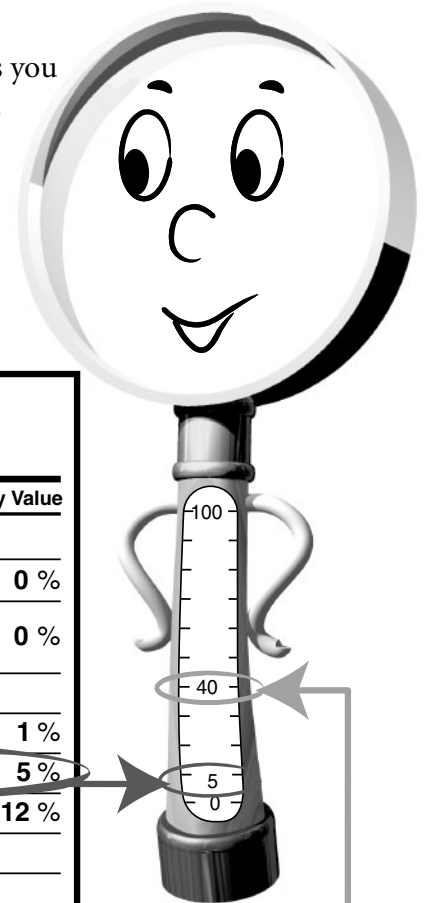


## What is a *little* and what is a *lot*?

Let's look at the % Daily Value on the Nutrition Facts table for this package of vegetables:

- One serving has 5% Daily Value for carbohydrate. This is a *little* because it is *low* on the scale.
- One serving has 40% Daily Value for Vitamin A. This is a *lot* because it is *high* on the scale.

Nutrition Facts	
Per 1/2 cup (85 g)	
Amount	% Daily Value
<b>Calories</b> 60	
<b>Fat</b> 0 g	<b>0 %</b>
Saturated 0 g	
+ Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 35 mg	<b>1 %</b>
<b>Carbohydrate</b> 14 g	<b>5 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 0 g	
<b>Protein</b> 3 g	
Vitamin A 40 %	Vitamin C 6 %
Calcium 2 %	Iron 8 %



**Make healthy food choices by using % Daily Value.**



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# Serving up nutrition facts

## Why is the serving size on packaged foods important?

The serving size tells you how much food you need to eat to get the amount of Calories and nutrients shown on the Nutrition Facts table.

## How is the serving size shown on the Nutrition Facts table?

There are two types of information that tell you about the serving size:

- **Household measurements**  
Look for familiar words like *cup* and *pieces*.
- **Metric measurements**  
Look for metric measurements like *mL* (*millilitres*) and *g* (*grams*).

## What if you eat less? What if you eat more?

If you eat *less* than the serving size shown on the Nutrition Facts table you will get *less* of the Calories and nutrients listed. If you eat *more* than the serving size shown, you will get *more* of the Calories and nutrients listed.

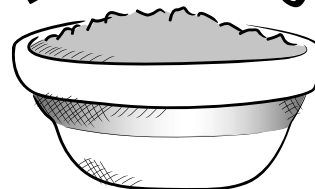
In this example, if you eat a double serving of this cereal, you will get double the Calories and double of all the nutrients, such as fibre.



Single serving



Double serving



### Nutrition Facts

Per 1 cup (55 g)	
Amount	% Daily Value
<b>Calories</b> 220	
<b>Fat</b> 2 g	<b>3 %</b>
Saturated 0 g	<b>0 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate</b> 44 g	<b>15 %</b>
Fibre 8 g	<b>32 %</b>
Sugars 16 g	
<b>Protein</b> 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 40 %

### Nutrition Facts

Per 2 cups (110 g)	
<b>Calories</b> 440	
	<b>64 %</b>



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# All about carbohydrate

**For people with diabetes, carbohydrate is one of the most important nutrients on the Nutrition Facts table.**

## How does carbohydrate affect your body?

The carbohydrate you eat changes to glucose (sugar) in your body to provide you with energy. If you are affected by diabetes, you need to watch how much carbohydrate you eat in order to control the amount of glucose in your blood.

## What foods supply you with carbohydrate?

Carbohydrate comes from cereals, breads, rice, pasta, other grain products, legumes, some vegetables, fruit, some dairy products and refined sugars.

## What are the different types of carbohydrate?

- Starches (bread, pasta, potatoes)
- Sugars (naturally occurring in fruit, vegetables and milk as well as refined sugars like white sugar, brown sugar, honey or molasses)
- Fibre (whole grain foods, vegetables and fruit)

## Does the type of carbohydrate you eat affect your blood glucose levels?

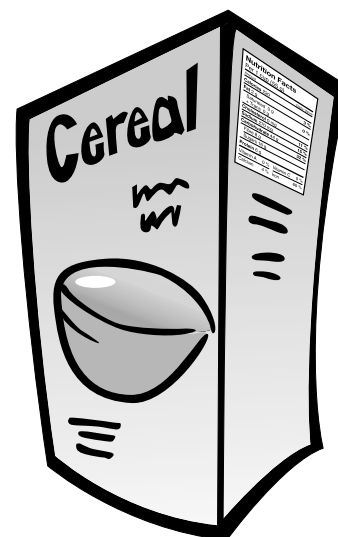
Yes! For people with diabetes, the type of carbohydrate is one factor in controlling blood glucose. Except for fibre, the different types of carbohydrate you eat turn into glucose in the blood. Eating high fibre foods may lower your blood glucose and will help you feel full.

Also important in controlling blood glucose is the total amount of carbohydrate eaten at one sitting. Talk with a registered dietitian about the amount of carbohydrate that is right for you.

## Is it important to spread the carbohydrate that you eat evenly throughout the day?

Dividing your carbohydrate evenly into meals and snacks throughout the day will help your body have better control over your blood glucose levels. Your blood glucose level will also rise more slowly when you eat carbohydrate as part of a complete meal.

Nutrition Facts	
Per 1 cup (55 g)	
Amount	% Daily Value
<b>Calories 220</b>	
<b>Fat 2 g</b>	<b>3 %</b>
Saturated 0 g	0 %
+ Trans 0 g	
<b>Cholesterol 0 mg</b>	
<b>Sodium 270 mg</b>	<b>11 %</b>
<b>Carbohydrate 44 g</b>	<b>15 %</b>
Fibre 8 g	32 %
Sugars 16 g	
<b>Protein 6 g</b>	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 40 %



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