

What's on the Canadian Nutrition Facts Table

The **Nutrition Facts table** found on packaged foods and beverages is your **daily tool** for making informed choices that contribute to healthy lifelong habits. Nutrition Facts tables can help you: 1. learn about calories and which nutrients are present in the food 2. compare two similar foods 3. select foods with little or a lot of a certain nutrient and 4. select foods for special diets.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Calories refers to the **total number of calories**, or “energy,” supplied from all sources (carbohydrate, fat, protein) in a serving of the food.

- To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses.
- 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level.

Serving Size reflects the amount that Canadians eat in one sitting and are based on **regulated amounts** so that it is easy to compare similar foods and know how many calories or nutrients are consumed. Serving size is not a recommendation of how much to eat. Compare the serving size to the amount you actually eat. For example: if a serving is 1 cup and you eat 2 cups then you need to double all the amounts listed in the table.

- The nutrition information listed on the Nutrition Facts table is based on one serving. Some containers may contain more than one serving of food in them.
- Serving size is shown as a common household measure that is appropriate to the food. Foods that can be measured such as yogurt, are shown in cups or tablespoons and paired with a metric equivalent (mL) or grams(g). Foods that can be divided or come in pieces will show servings as the number of pieces or as a fraction of the food as well as its weight in grams (g)
- When comparing calories and nutrients in different foods, check the serving size to make an accurate comparison.

As a general guide:

- **100 calories** per serving of an individual packaged food is considered **moderate**
- **400 calories** or more per serving of an individual packaged food is considered **high**

Tip: The terms “fat-free” and “no added sugars” do not mean “calorie-free.” These food items may have as many calories as the regular versions. Always check the Nutrition Facts label and compare the calories and nutrients in the modified version to the regular version.

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% Daily Value (%DV) is a percentage shown beside the nutrient so that you can see if there is a little or a lot of a particular nutrient in one serving.

- The %DV column does not add up vertically to 100%.
- The %DV is the percentage of the Daily Value for **each nutrient** in a serving of the food. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.
- Some nutrients on the Nutrition Facts label do not have a %DV, so use the number of grams (g) to compare and choose products.
- The **% DV of Sugars** has been included so that the sugar content of different foods can be compared easily and sugary foods with a DV% of 15% or more can be identified. The %DV is a total of all sugars present in the food and includes both sugars that have been added to the food known as "free sugars" and sugars naturally present. Consuming too much sugar is associated with health issues including heart disease, obesity, diabetes, high blood pressure, cancer and dental cavities. The % DV for total sugar is based on a maximum daily intake of 100g.
- The **% DV for Sodium** displays the quantity of sodium included in a serving. The percentage daily value is based on a maximum daily intake of 2,300mg. Consuming too much salt is associated with water retention, raising blood pressure and a higher risk of heart attack, kidney disease and stroke.

Using %DV

- **Compare Foods:** Use %DV to compare food products (remember to make sure the serving size is the same) and to choose products that are higher in nutrients you want to get more of and lower in nutrients you want to get less of.

As a general guide:

- **5% DV** or less of a nutrient per serving is considered **low**
- **15% DV** or more of a nutrient per serving is considered **high**
- **Understand Nutrient Content Claims:** Use %DV to help distinguish one claim from another, such as "light," "low," and "reduced." Simply compare %DVs in each food product to see which one is higher or lower in a particular nutrient.
- **Manage Dietary Trade-Offs:** Use %DV to make dietary trade-offs with other foods throughout the day. You don't have to give up a favorite food to have a healthy diet. When a food you like is high in a nutrient you want to get less of—or low in a nutrient you want to get more of—you can balance it with foods that are low (or high) in that nutrient at other times of the day.

Nutrition Facts Valeur nutritive

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Ingredient List

In addition to the Nutrition Facts label, the ingredient list is also found on all prepackaged foods. The ingredient list is a useful tool for figuring out what the product is made out of.

- All the ingredients in the food must be listed by its **common or usual name**.

∇ Ingredients are listed by quantity - from highest to the lowest amount. This means that the first ingredient is what the manufacturer used the most.

- Food colors are specified by their common name

∇ Sugar based ingredients are grouped together in brackets after the name 'sugars' so that they are easy to identify

- Food allergens and gluten are declared in the list of ingredients or following a **contains statement**. Food allergens include: almonds, peanuts, sesame seeds, shellfish, fish, mustard seeds, wheat, milk, eggs, soybeans, crustaceans and sulphites

Nutrients

The Nutrition Facts label can help you **learn about the nutrient content** of many foods in your diet.

- The Nutrition Facts label must list:** fat, saturated fat, *trans* fat, cholesterol, sodium, carbohydrate, fibre, sugars, protein, calcium, iron, and potassium.
- The Nutrition Facts label may also list:** monounsaturated fat, polyunsaturated fat, vitamins (biotin, choline, folate, niacin, pantothenic acid, riboflavin, thiamin, and vitamins A, B₆, B₁₂, C, E, D, and K) and minerals (chloride, chromium, copper, iodine, magnesium, manganese, molybdenum, phosphorus, selenium, and zinc).

The Nutrition Facts Label can also help you **monitor nutrients** you want to get less of and those you want to get more of.

Nutrients to get less of:

Saturated fat, sodium, and sugars.

Most Canadians exceed the recommended limits for these nutrients—and diets higher in these nutrients are associated with an increased risk of developing some health conditions

Compare and choose foods to **get less than 100% DV of these nutrients each day**.

Nutrients to get more of:

Dietary fibre, calcium, iron, and potassium.

Many Canadians do not get the recommended amount of these nutrients—and diets higher in these nutrients can reduce the risk of developing some health conditions (such as cardiovascular disease, osteoporosis, anemia, and high blood pressure).

Compare and choose foods to **get 100% DV of these nutrients on most days**.

Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red
Contains: Wheat • Egg