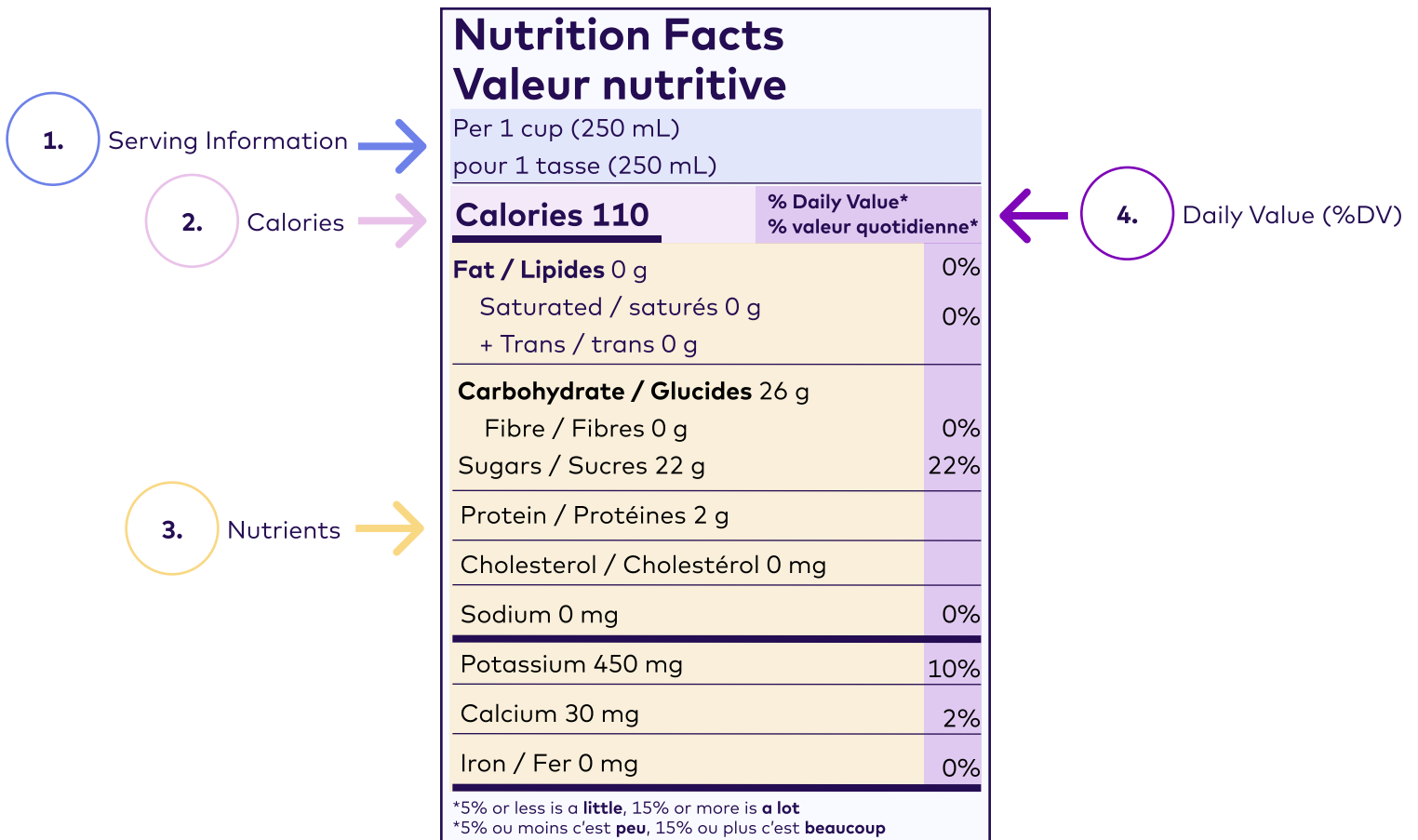


Understanding Nutrition Facts Table

Please note: The Nutrition Facts Table below is an example.



1. Serving Information →

2. Calories →

3. Nutrients →

4. Daily Value (%DV) ←

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			

Reading the Nutrition Facts Table takes practice. Let's start by taking a look at page 2 to see a breakdown of the different sections.

Understanding Nutrition Facts Table

- 1. Serving Information:** All the information on the Nutrition Facts Table is based on the serving size. Similar foods often have similar serving sizes, which helps you compare the nutrition content more easily.
Don't skip over the number of servings per container! Sometimes, foods or drinks might look like one serving, but actually provide multiple. For example, let's say a serving size is 1/2 cup and there are 2 servings per container. If you eat the whole container, or 1 cup, you would have to double all the nutrition information on the label to get an accurate picture of what you actually consumed!
- 2. Calories:** This section lists the number of calories in one serving of the food or drink. Use this section to see how the item fits with your personal calorie goals or compare it to other items to see which meets your needs better!
- 3. Nutrients:** This section lists nutrients that can affect your overall health. In general, try to choose items with less saturated fat, sodium and sugar. When eaten too often, these nutrients can increase the risk of things like heart attack, heart disease, stroke, high blood pressure, diabetes or weight gain.
Instead, try to focus on getting more fiber, potassium, calcium and iron. Canadians generally don't get enough of these nutrients. These are important for controlling cholesterol, blood sugar and blood pressure levels. They can also help regulate digestion and keep your bones healthy!
- 4. % Daily Value:** Daily Values refer to the amount of each nutrient you should be consuming each day. The % Daily Value (%DV) tells you how much of that nutrient's Daily Value is in the food or drink. It's a quick way to see if you're getting enough (or too much) of a certain nutrient. Generally, 5% DV or less is considered low and 15% DV or more is considered high. Aim for higher %DV of nutrients like fiber, potassium, calcium and iron. Aim for lower %DV of nutrients like saturated fat, sugar and sodium.