



HOW TO READ NUTRITIONAL LABELS

→ LABELLING SYSTEM

Canada introduced the labelling system in 2003. These regulations became mandatory for companies to adopt by 2005.

RESOURCES

Visit Canada's Food Guide online at:
healthcanada.gc.ca/foodguide

Review your current intake with the experts at Dietitians of Canada:
dietitians.ca/eatracker

Please talk to your family doctor about PCN services.
edmontonsouthsidepcn.ca

NUTRITION FACTS TABLE

- Helps make informed choices
- Compares products more easily
- Determines nutritional value of foods
- Better manages special diets
- Increases or decreases your intake of a particular nutrient
- Note there are some foods that are not included from the nutrition labelling requirements:
 - Fresh fruit and vegetables
 - Raw meat and poultry (except when ground)
 - Raw fish and seafood
 - Foods prepared or processed at the store or bakery
 - Foods that contain few nutrients such as coffee, tea, herbs and spices
 - Alcoholic beverages

SPECIFIC AMOUNT OF FOOD

- All of the nutrition information on the label is based on a specific amount of food. It is often called the "Serving Size".
- When you look at a label, you

should look at the specific nutrient amounts for the actual amount you consume.

- Prepackaged foods like cake mixes have different methods of preparation. They may list more than one column that provides different methods of preparation. The quantity of calories you consume depends on how much cake you eat and the method it was prepared.

% DAILY VALUE

- You can use the percent daily value to see if a food has a little or a lot of a nutrient.
- You can quickly identify the strengths and weaknesses of a food product by comparing the % daily value numbers of products.
- The % daily values are based on standards established for health outcomes, healthy growth and development and reduced risk of nutrition-related chronic disease.

THE BOTTOM LINE

Use the nutritional label as your guide.



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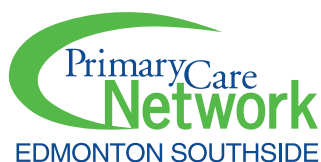
NUTRITION CLAIMS

- Nutrition claims are not mandatory but manufacturers use them to help market their products.
 - Free: None or very little of this nutrient.
 - Low: A small amount.
 - Reduced: At least 25% less of the nutrient than in a similar product.
 - Light: Only allowed on labels that are "reduced in fat" or "reduced in calories". It could also refer to the sensory characteristics of the food such as: "light in colour".

LIST OF INGREDIENTS

- A list of ingredients is mandatory and required on all processed foods. All ingredients are listed in descending order by weight. The ingredients present in the greatest amount in a product are listed first.
- The list of ingredients is also a source of information for people who want to avoid certain ingredients.

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Nutrition Facts

Per ¾ cup (30g)

Amount Per Serving

Calories 160

% Daily Values*

Total Fat 2.5 g 4%

Saturated Fat 1.5 g 8%

Trans Fat 0g

Cholesterol 10 mg

Sodium 75 mg 3%

Total Carbohydrate 25 g 8%

Dietary Fibre 0 g 0%

Sugars 24 g

Protein 8 g

Vitamin A 2%

Vitamin C 0%

Calcium 20%

Iron 0%