



Nutrition Facts Table Teaching Resource

This interactive resource is intended to assist workers in First Nations communities in Alberta in educating community members about reading and understanding the Nutrition Facts table. Examples of workers who may like to use this resource are dietitians, community health representatives, nurses and teachers.

It was developed to be used in one-on-one and group sessions with community members aged 13 years and older.

Following a session, participants should have the knowledge required to make healthy food choices by comparing Nutrition Facts tables.

About the Nutrition Facts tables used in this resource

The nutrition information included in this resource is based on information from Health Canada's Canadian Nutrient File (http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/cnf_aboutus-aproposdenous_fcen-eng.php). (Exception: See *Other Foods*, *Coffee* card.)

The layout of the Nutrition Facts table used in this resource is based on the format implemented by the Government of Canada on December 12, 2002.

What's included?


- Total of 29 cards:
 - Health Canada, Using the Nutrition Facts table: % Daily Value (1 card)
 - Nutrition Facts table cards (25 cards)
 - Scavenger hunt activity: instruction sheet, questions and answer key (3 cards)

When to use this resource?

- One-on-one counselling
- Canada Prenatal Nutrition Program (CPNP) classes, diabetes and youth group meetings
- Home visits, including post-natal and Maternal Child Health
- Meetings with community cooks
- Cooking classes

Complete list of Nutrition Facts table cards:

Vegetables and Fruit	<ul style="list-style-type: none"> • Corn • Juice • Fruit Salad • Berries 	<ul style="list-style-type: none"> • Fresh Vegetables • Potatoes • Tomatoes
Grain Products	<ul style="list-style-type: none"> • Crackers • Bread • Bannock • Hot Cereal 	<ul style="list-style-type: none"> • Cold Cereal • Macaroni • Rice
Milk and Alternatives	<ul style="list-style-type: none"> • Cheese • What's in Your Coffee or Tea? 	<ul style="list-style-type: none"> • Milk • Yogurt
Meat and Alternatives	<ul style="list-style-type: none"> • Deli Meat • Cooked Meat • Ground Beef 	<ul style="list-style-type: none"> • Meat Alternatives
Other Foods	<ul style="list-style-type: none"> • Fat • Soup 	<ul style="list-style-type: none"> • Coffee



Health
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Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Food Name | Food Group

Tips

Canada

The front of the card shows pictures of foods with Nutrition Facts tables.

Photo of food

Nutrition Facts

Key nutrients are highlighted for easy comparison.

A common item shows what one Canada's Food Guide serving looks like.

Facilitator Guide

When reading a Nutrition Facts table:

Step 1: Serving Size

Step 2: % DV

Step 3: Which type of food would you choose?

Other teaching points

The back of the card has a step-by-step guide on how to use the Nutrition Facts table card.



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Using the Nutrition Facts Table: % Daily Value

How to CHOOSE

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

Follow these three steps:

1 LOOK at the amount of food

Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

2 READ the % DV

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

5% DV or less is a **LITTLE**
15% DV or more is a **LOT** } This applies to all nutrients.

3 CHOOSE

Make a better choice for you. Here are some nutrients you may want...

less of

- Fat
- Saturated and trans fats
- Sodium

more of

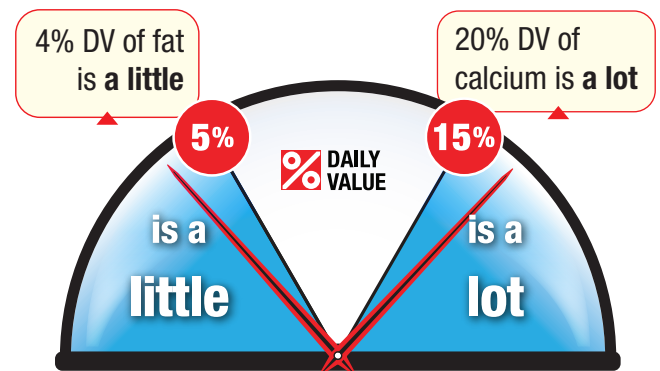
- Fibre
- Vitamin A
- Calcium
- Iron

Here is an example of how to choose:

You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has **a little** fat (4% DV) and **a lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!

Yogurt

Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
Calories 160	
Fat 2.5 g	4 %
Saturated 1.5 g + Trans 0 g	8 %
Cholesterol 10 mg	
Sodium 75 mg	3 %
Carbohydrate 25 g	8 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 8 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %



How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:

1 LOOK at the amounts of food

Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.

Cracker A has 9 crackers and weighs 23 grams.

Cracker B has 4 crackers and weighs 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.

2 READ the % DVs

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

Cracker A has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.

Cracker B has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

Remember: 5% DV or less is a little and 15% DV or more is a lot. This applies to all nutrients.

3 CHOOSE

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

Use the Nutrition Facts table and *Eating Well with Canada's Food Guide* to make healthier food choices.

Cracker A

Nutrition Facts			
Per 9 crackers (23 g)			
Amount		% Daily Value	
Calories 90			
Fat 4.5 g		7 %	
Saturated 2.5 g + Trans 0 g		13 %	
Cholesterol 0 mg			
Sodium 280 mg		12 %	
Carbohydrate 12 g		4 %	
Fibre 1 g		4 %	
Sugars 0 g			
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %

Cracker B

Nutrition Facts			
Per 4 crackers (20 g)			
Amount		% Daily Value	
Calories 90			
Fat 2 g		3 %	
Saturated 0.3 g + Trans 0 g		2 %	
Cholesterol 0 mg			
Sodium 90 mg		4 %	
Carbohydrate 15 g		5 %	
Fibre 3 g		12 %	
Sugars 1 g			
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %

Did you know?

You may be able to compare products that don't have similar amounts of food.

For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 2 slices of bread (70 g) because you would most likely eat either amount of food at one meal.





Corn | Vegetables and Fruit



Corn on the Cob

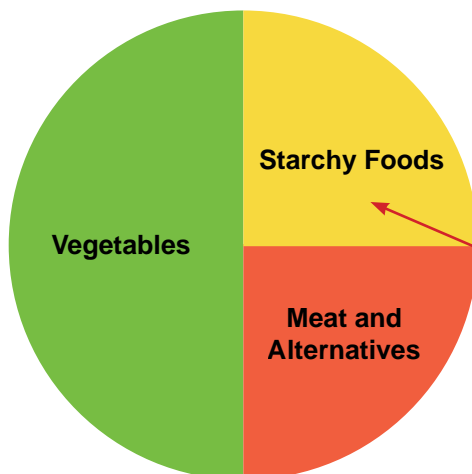
Nutrition Facts	
Per 1 medium ear (103 g)	
Amount	% Daily Value
Calories 99	
Fat 2 g	2%
Saturated 0 g	1%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Carbohydrate 22 g	7%
Fibre 3 g	10%
Sugars 5 g	
Protein 4 g	
Vitamin A	1%
Vitamin C	10%
Calcium	0%
Iron	3%
Folate 24 µg	11%
Potassium 225 mg	6%

Frozen Corn

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 1 g	1%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Carbohydrate 17 g	6%
Fibre 2 g	7%
Sugars 3 g	
Protein 2 g	
Vitamin A	1%
Vitamin C	5%
Calcium	0%
Iron	3%
Folate 30 µg	14%
Potassium 202 mg	6%

Canned Corn

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 1 g	1%
Saturated 0 g	1%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 258 mg	11%
Carbohydrate 16 g	5%
Fibre 2 g	6%
Sugars 3 g	
Protein 2 g	
Vitamin A	0%
Vitamin C	1%
Calcium	0%
Iron	4%
Folate 37 µg	17%
Potassium 117 mg	3%



Tips

- Corn is a source of fibre.
- Frozen vegetables are a great option to fresh vegetables.
- Try canned vegetables with no added salt.
- Corn is a starchy vegetable. It goes here on your plate:

* © Dietitians of Canada

Facilitator Guide

Corn

Fresh vegetables, like corn on the cob, often do not have Nutrition Facts tables. The Nutrition Facts table for corn on the cob is based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: sodium and fibre.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- What is the % DV of sodium and fibre for:
 - Corn on the cob?
 - Frozen corn?
 - Canned corn?
- Canned corn is higher in sodium (11% DV) than corn on the cob and frozen corn. Sodium is added to corn during canning.
- Corn on the cob, frozen and canned corn are sources of fibre (6-10% DV).

Step 3: What type of corn would you choose?

- Fresh, frozen or canned corn are all good choices. Choose canned corn with no salt added or rinse regular canned corn under water.
- Corn is a starchy vegetable. It takes the place of grains (like pasta, rice, potato and bread) on your plate.

Other teaching points:

- A lot of sodium is added to processed and preserved foods like canned foods, fast foods, cheeses and soup mixes. These foods are the main sources of salt in our diets.
- Eating too many foods high in sodium may contribute to high blood pressure.
- The recommended intake of sodium in an adult's diet is 1500 mg each day. That is less than 5 mL (1 tsp) of salt.



Juice | Vegetables and Fruit



*



100% Orange Juice

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 62	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Carbohydrate 14 g	5%
Fibre 1 g	2%
Sugars 12 g	
Protein 1 g	
Vitamin A	1%
Vitamin C	88%
Calcium	1%
Iron	1%
Folate 32 µg	15%
Potassium 242 mg	7%

Orange Drink

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 72	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 3 mg	0%
Carbohydrate 18 g	6%
Fibre 0 g	1%
Sugars 12 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	33%
Calcium	0%
Iron	1%
Folate 5 µg	2%
Potassium 55 mg	2%

Powdered Orange Drink

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 14 mg	1%
Carbohydrate 17 g	6%
Fibre 0 g	1%
Sugars 17 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	70%
Calcium	7%
Iron	0%
Folate 0 µg	0%
Potassium 36 mg	1%

Tips

- Look for labels that say “100% unsweetened juice” or “no sugar added.” A piece of fruit has more fibre than a glass of juice. Choose fruit more often.
- Orange drink and powdered orange drink are not fruit choices.
- Never put juice in a child’s bottle or sippy cup as juice can cause tooth decay.
- Limit beverages with “drink,” “punch” or “cocktail” in the name. These products are mostly made of sugar.

* © Dietitians of Canada

Facilitator Guide

Juice

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: sugar and vitamin C.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for sugar. There is no recommended amount of sugar you need each day. We can still look at the grams of sugar in each item. How many grams of sugar are in:
 - 100% orange juice?
 - Orange drink?
 - Powdered orange drink?
- The powdered orange drink has the most sugar (17 g or 4 tsp) per serving!
- What is the % DV of vitamin C for each juice?
 - 100% orange juice has the most vitamin C. The powdered orange drink has added vitamin C. Vitamin C helps your body fight off infections.

Step 3: What type of juice would you choose?

- 100% orange juice is a better choice than orange drink or powdered orange drink as it is lower in sugar, and high in vitamin C and other great nutrients.

Other teaching points:

- Canada's Food Guide says that one serving of 100% juice is 125 mL (½ cup). Show your group what 125 mL (½ cup) of 100% juice looks like; use a common size kitchen glass.
- If a person were to drink an entire 473 mL bottle of 100% juice, how many servings of vegetables and fruit would they consume? ($473\text{mL} / 125\text{ mL} = 3.78$) They would consume almost 4 servings of vegetables and fruit!



Fruit Salad | Vegetables and Fruit



**Fresh
Fruit Salad**

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 49	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Carbohydrate 13 g	4%
Fibre 2 g	6%
Sugars 8 g	
Protein 1 g	
Vitamin A	1%
Vitamin C	34%
Calcium	1%
Iron	1%
Folate 16 µg	7%
Potassium 166 mg	5%



**Fruit Cocktail
Packed in Juice**

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 58	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Carbohydrate 15 g	5%
Fibre 1 g	5%
Sugars 14 g	
Protein 1 g	
Vitamin A	3%
Vitamin C	6%
Calcium	1%
Iron	2%
Folate 4 µg	2%
Potassium 119 mg	3%



**Fruit Cocktail
Packed in Heavy Syrup**

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 96	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 8 mg	0%
Carbohydrate 25 g	8%
Fibre 1 g	5%
Sugars 23 g	
Protein 1 g	
Vitamin A	2%
Vitamin C	4%
Calcium	1%
Iron	3%
Folate 4 µg	2%
Potassium 115 mg	3%

One serving from Canada's Food Guide looks like
one hockey puck:



Tips

- Fresh fruit is an excellent choice.
- When choosing canned fruit, look for fruit canned in water or fruit juice.
- The word "syrup" means sugar and water.

Facilitator Guide

Fruit Salad

Fresh fruit, like fruit salad, often do not have Nutrition Facts tables. The Nutrition Facts table for fresh fruit salad is based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: sugar and vitamin C.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for sugar. There is no recommended amount of sugar you need each day. We can still look at the grams of sugar in each item. How many grams of sugar are in:
 - Fresh fruit salad?
 - Fruit cocktail, packed in juice?
 - Fruit cocktail, packed in heavy syrup?
- The fruit cocktail, packed in heavy syrup, has the most sugar (23 g) and the fresh fruit salad has the least amount of sugar (8 g).
- What is the % DV of vitamin C for each fruit salad?
 - Fresh fruit salad has a lot of vitamin C (34% DV). The canned fruit cocktails only have a little vitamin C (4-6% DV)

Step 3: What type of fruit salad would you choose?

- Fresh fruit salad is a better choice. It is lower in sugar, and is high in vitamin C and other great nutrients.

Other teaching points:

- Sugar is found naturally in fresh fruit and fruit juice.
- Look at the ingredient list on packaged foods. Other words that mean sugar are: any word ending in 'ose' (like fructose, glucose, etc.), corn syrup, high fructose corn syrup, honey, molasses, maple syrup and brown sugar.



Berries | Vegetables and Fruit



**Fresh
Blueberries**

Nutrition Facts	
Per 1/2 cup (77 g)	
Amount	% Daily Value
Calories 44	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Carbohydrate 11 g	4%
Fibre 2 g	8%
Sugars 8 g	
Protein 1 g	
Vitamin A	0%
Vitamin C	12%
Calcium	0%
Iron	2%
Folate 5 µg	2%
Potassium 59 mg	2%



**Frozen
Blueberries**

Nutrition Facts	
Per 1/2 cup	
Amount	% Daily Value
Calories 42	
Fat 1 g	1%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Carbohydrate 10 g	3%
Fibre 3 g	10%
Sugars 7 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	3%
Calcium	1%
Iron	1%
Folate 6 µg	3%
Potassium 44 mg	1%



**Strawberry
Jam**

Nutrition Facts	
Per 15 mL (1 Tbsp)	
Amount	% Daily Value
Calories 56	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 6 mg	0%
Carbohydrate 14 g	5%
Fibre 0 g	1%
Sugars 10 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	3%
Calcium	0%
Iron	1%
Folate 2 µg	1%
Potassium 16 mg	0%

One serving from Canada's Food Guide looks like
one hockey puck:



Tips

- Fresh berries provide vitamin C and fibre.
- Frozen berries are an excellent choice when fresh is not available.
- Jam is not a serving of fruit, and can be very high in sugar.

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Facilitator Guide

Berries

Fresh fruit, like blueberries, often do not have Nutrition Facts tables. The Nutrition Facts table for fresh blueberries is based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: sugar and vitamin C.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for sugar. There is no recommended amount of sugar you need each day. We can still look at the grams of sugar in each item. How many grams of sugar are in:
 - Fresh blueberries?
 - Frozen blueberries?
 - Strawberry jam?
- Fresh and frozen berries have a lower amount of sugar (7-8 g) than jam (10 g), even though the serving size of jam is small. Fresh and frozen berries have natural sugars, but the sugar in the jam is mostly added.
- What is the % DV of vitamin C for fresh and frozen berries and strawberry jam?
 - Fresh berries are a source of vitamin C (12% DV) while frozen berries and jam have very little vitamin C (3% DV).

Step 3: What type of berries would you choose?

- Fresh and frozen berries are both excellent choices. They are also rich in other great nutrients.

Other teaching points:

- Have you tried making your own jam recipe? Is there a family favourite jam recipe you would like share with the group?
- Berries are easy to add to muffins, bannock and pancakes.



Potatoes | Vegetables and Fruit



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Boiled Potato

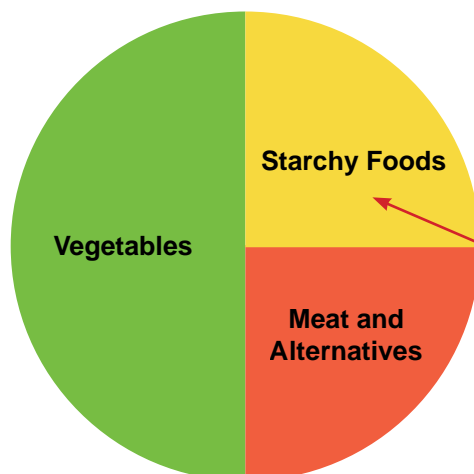
Nutrition Facts	
Per Medium	
Amount	% Daily Value
Calories 144	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 8 mg	0%
Carbohydrate 33 g	11%
Fibre 2 g	9%
Sugars 1 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	21%
Calcium	1%
Iron	4%
Folate 15 µg	7%
Potassium 548 mg	16%

French Fries

Nutrition Facts	
Per 20 strips	
Amount	% Daily Value
Calories 263	
Fat 11 g	16%
Saturated 3 g	16%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 216 mg	9%
Carbohydrate 40 g	13%
Fibre 3 g	13%
Sugars 0 g	
Protein 4 g	
Vitamin A	0%
Vitamin C	18%
Calcium	1%
Iron	10%
Folate 29 µg	13%
Potassium 612 mg	17%

Plain Potato Chips

Nutrition Facts	
Per Small bag (43g)	
Amount	% Daily Value
Calories 233	
Fat 16 g	24%
Saturated 2 g	9%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 226 mg	9%
Carbohydrate 22 g	7%
Fibre 2 g	8%
Sugars 15 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	13%
Calcium	1%
Iron	5%
Folate 32 µg	15%
Potassium 706 mg	20%



Tips

- French fries and potato chips are not healthy choices. They are high in fat and sodium. Choose less often.
- A boiled potato is a starchy vegetable. It goes here on your plate:

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Facilitator Guide

Potatoes

Fresh vegetables, like potatoes, often do not have Nutrition Facts tables. The Nutrition Facts tables on this card are based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: calories, fat and sodium.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- How many calories, and % DV of fat and sodium are in:
 - Boiled potatoes?
 - French fries?
 - Plain potato chips?
- French fries and potato chips have about twice the calories of boiled potatoes.
- French fries and plain potato chips are high in fat (16-24% DV) and sodium (9% DV). They also are high in saturated fat (9-16% DV). Saturated fats are unhealthy for our hearts.
- Boiled potatoes have no fat or sodium.

Step 3: What type of potato would you choose?

- Boiled potatoes are a better choice. They are low in calories, fat and sodium. Baked potatoes are also a good choice.
- Watch what you put on top of your potato. Adding toppings like butter, sour cream, bacon bits and salt will add fat and sodium to your meal.

Other teaching points:

- A lot of sodium is added to processed and preserved foods like canned foods, fast foods, cheeses and soup mixes. These foods are the main sources of salt in our diets.
- Eating too many foods high in sodium may contribute to high blood pressure.
- The recommended intake of sodium in an adult's diet is 1500 mg each day. That is less than 5 mL (1 tsp) of salt.



Tomatoes | Vegetables and Fruit



**Fresh
Tomatoes**

Nutrition Facts	
Per 1 medium, 6.6cm diameter	
Amount	% Daily Value
Calories 22	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 6 mg	0%
Carbohydrate 5 g	2%
Fibre 2 g	6%
Sugars 3 g	
Protein 1 g	
Vitamin A	5%
Vitamin C	26%
Calcium	1%
Iron	2%
Folate 18 µg	8%
Potassium 292 mg	8%



**Canned Tomatoes
without Salt**

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 35	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 8 mg	0%
Carbohydrate 6 g	2%
Fibre 1 g	6%
Sugars 3 g	
Protein 1 g	
Vitamin A	1%
Vitamin C	18%
Calcium	4%
Iron	13%
Folate 7 µg	3%
Potassium 279 mg	8%



**Canned Tomatoes
with Salt**

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 35	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 298 mg	12%
Carbohydrate 6 g	2%
Fibre 1 g	6%
Sugars 4 g	
Protein 1 g	
Vitamin A	1%
Vitamin C	18%
Calcium	4%
Iron	13%
Folate 7 µg	3%
Potassium 279 mg	8%

One serving from Canada's Food Guide looks like
one hockey puck:



Tips

- Tomatoes are a source of vitamin C and vitamin A.
- Tomatoes are rich in antioxidants. Antioxidants help protect our bodies against disease.
- Regular canned tomatoes are high in sodium; choose low sodium canned products.

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Facilitator Guide

Tomatoes

Fresh vegetables, like tomatoes, often do not have Nutrition Facts tables. The Nutrition Facts tables on this card are based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: sodium, fibre and vitamin C.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- How many calories, and % DV of fibre and vitamin C are in:
 - Fresh tomatoes?
 - Canned tomatoes without salt?
 - Canned tomatoes with salt?
- Canned tomatoes with salt are higher in sodium (12% DV) than the other two types of tomatoes. Salt is mainly added during canning.
- Both fresh and canned tomatoes are a source of fibre (6% DV).
- Fresh tomatoes have higher vitamin C (26% DV) than canned tomatoes (18% DV).
- Fresh tomatoes are higher in other nutrients (like vitamin A and folate) than canned tomatoes.

Step 3: What type of tomatoes would you choose?

- Both fresh tomatoes and canned tomatoes without salt are good choices.

Other teaching points:

- A lot of sodium is added to processed and preserved foods like canned foods, fast foods, cheeses and soup mixes. These foods are the main sources of salt in our diets.
- Eating too many foods high in sodium may contribute to high blood pressure.
- The recommended intake of sodium in an adult's diet is 1500 mg each day. That is less than 5 mL (1 tsp) of salt.

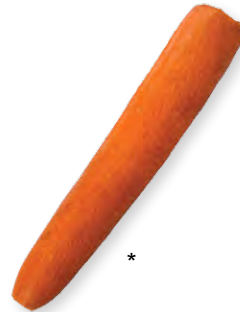


Fresh Vegetables | Vegetables and Fruit



Broccoli

Nutrition Facts	
Per 1/2 cup chopped (46 g)	
Amount	% Daily Value
Calories 16	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Carbohydrate 3 g	1%
Fibre 1 g	4%
Sugars 1 g	
Protein 1 g	
Vitamin A	1%
Vitamin C	69%
Calcium	2%
Iron	2%
Folate 29 µg	13%
Potassium 147 mg	4%



Carrot

Nutrition Facts	
Per 1 medium (61 g)	
Amount	% Daily Value
Calories 25	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 42 mg	2%
Carbohydrate 6 g	2%
Fibre 2 g	6%
Sugars 3 g	
Protein 1 g	
Vitamin A	51%
Vitamin C	6%
Calcium	2%
Iron	1%
Folate 12 µg	5%
Potassium 195 mg	6%

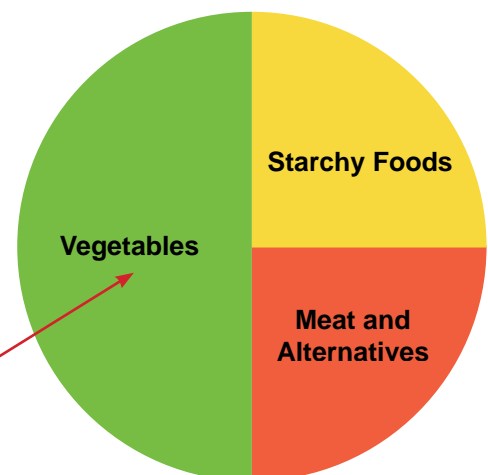


Cauliflower

Nutrition Facts	
Per 1/2 cup chopped (raw)	
Amount	% Daily Value
Calories 13	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 16 mg	1%
Carbohydrate 3 g	1%
Fibre 1 g	4%
Sugars 1 g	
Protein 1 g	
Vitamin A	0%
Vitamin C	43%
Calcium	1%
Iron	2%
Folate 30 µg	14%
Potassium 158 mg	5%

Tips

- Choose brightly-colored vegetables. They are very high in vitamins, minerals and fibre.
- Enjoy a variety of vegetables. Variety helps you get a wide range of vitamins, minerals and fibre.
- Fresh vegetables are the best choice when available. Otherwise, choose frozen or canned.
- Try to cover half your plate with vegetables!



* © Dietitians of Canada

Facilitator Guide

Fresh Vegetables

Fresh vegetables, like broccoli, carrots and cauliflower, often do not have Nutrition Facts tables. The Nutrition Facts tables on this card are based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: vitamin C and vitamin A.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- Different colours of vegetables have different nutrients. Which vegetable has the highest amount of vitamin C, vitamin A?
 - Broccoli has the highest amount of vitamin C (69% DV), followed by cauliflower (43% DV).
 - Carrots are very high in vitamin A (51% DV).

Step 3: What type of vegetable would you choose?

- All vegetables are excellent choices.
- Choose a variety of vegetables each day to get the nutrients and fibre you need to stay healthy.

Other teaching points:

- Fibre is a part of the plant that cannot be broken down by your body.
- Fibre helps to slow how quickly your body breaks down food. It slows how quickly sugars and fats get into your blood stream.
- Eating fibre makes you feel full longer and helps keep you regular.
- Have you ever tried mashing cauliflower with potatoes? It is easy and tasty.



Cold Cereal | Grain Products



Oat Loops

Nutrition Facts	
Per 1 cup (30 g)	
Amount	% Daily Value
Calories 118	
Fat 2 g	3%
Saturated 0 g	2%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 322 mg	13%
Carbohydrate 22 g	7%
Fibre 3 g	13%
Sugars 1 g	
Protein 4 g	
Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	41%
Folate 36 µg	16%
Potassium 118 mg	3%



Bran Flakes
with Raisins

Nutrition Facts	
Per 1/2 cup (30 g)	
Amount	% Daily Value
Calories 95	
Fat 1 g	1%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 186 mg	8%
Carbohydrate 24 g	8%
Fibre 3 g	14%
Sugars 8 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	29%
Folate 36 µg	16%
Potassium 170 mg	5%



Fruit-Flavoured
Loops

Nutrition Facts	
Per 1 cup (30 g)	
Amount	% Daily Value
Calories 120	
Fat 1 g	1%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 114 mg	5%
Carbohydrate 27 g	9%
Fibre 2 g	9%
Sugars 14 g	
Protein 1 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	35%
Folate 60 µg	27%
Potassium 26 mg	1%

One serving from Canada's Food Guide looks like
one baseball:



Tips

- Cold cereal makes a great snack.
- Choose a whole grain cereal with more than 2 g of fibre per serving.
- Always check the Nutrition Facts table. High fibre cereals can also be high in sugar.

Facilitator Guide

Cold Cereal

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

- The recommended serving size for cold cereal from Canada's Food Guide is 30 g.
- Bran flakes with raisins is a dense (or heavy) cereal. A 30 g serving of a dense cereal is about 125-160 mL (1/2-2/3 cup). A 30 g serving of a lighter cereal, like oat loops, is about 250 mL (1 cup).

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fibre, sugar and iron.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for sugar. There is no recommended amount of sugar you need each day. We can still look at the grams of sugar in each item.

How many grams of sugar are in:

- Oat loops?
 - Bran flakes with raisins?
 - Fruit-flavoured loops?
- Oat loops have a small amount of sugar. Fruit-flavoured loops and bran flakes with raisins have more than 8 g of sugar per serving.

What is the % DV of fibre and iron for each cereal?

- All three cereals on this card are sources of fibre (9-14% DV).
- All three cereals on this card are excellent sources of iron (29-41% DV).

Step 3: What type of cereal would you choose?

- Tips for choosing cereal:
 - Look for cereal that has less than 8 g of sugar and more than 2 g of fibre in a 30 g serving.
 - Check the serving size on your cereal label.
- Oat loops are a better choice. They are low in sugar, and contain fibre and iron.

Other teaching points:

- Fibre is a part of the plant that cannot be broken down by your body.
- Fibre helps slow how quickly your body breaks down food. It slows how quickly sugars and fats get in your blood stream.
- Eating fibre makes you feel full longer and helps keep you regular.



Hot Cereal | Grain Products



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Cream of Wheat

Nutrition Facts	
Per 3/4 cup (175 mL)	
Amount	% Daily Value
Calories 92	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 69 mg	3%
Carbohydrate 19 g	6%
Fibre 1 g	4%
Sugars 0 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	22%
Folate 7 µg	3%
Potassium 31 mg	1%



*

**Plain
Quick Oats**

Nutrition Facts	
Per 3/4 cup (175 mL)	
Amount	% Daily Value
Calories 122	
Fat 2 g	3%
Saturated 1 g	3%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 3 mg	0%
Carbohydrate 21 g	7%
Fibre 3 g	11%
Sugars 1 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	10%
Folate 9 µg	4%
Potassium 111 mg	3%



**Flavoured
Instant Oatmeal**

Nutrition Facts	
Per 1 packet (175 mL)	
Amount	% Daily Value
Calories 149	
Fat 2 g	3%
Saturated 0 g	1%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 221 mg	9%
Carbohydrate 30 g	10%
Fibre 3 g	12%
Sugars 13 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	1%
Calcium	7%
Iron	38%
Folate 39 µg	18%
Potassium 114 mg	3%

One serving from Canada's Food Guide looks like
one tennis ball:



Tips

- Save Money! Buy plain quick oats rather than flavoured instant oatmeal.
- Add fresh, frozen or dried fruit to add sweetness to your plain oatmeal.
- Plain quick oats can be used to thicken stews or add fibre to bannock.

* © Dietitians of Canada

Facilitator Guide

Hot Cereal

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fibre, sugar and iron.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for sugar. There is no recommended amount of sugar you need each day. We can still look at the grams of sugar in each item.
How many grams of sugar are in:
 - Cream of wheat?
 - Plain quick oats?
 - Flavoured instant oatmeal?
- Flavoured instant oatmeal is high in sugar (13 g). This is added sugar. Plain quick oats and cream of wheat have very little or no sugar.
- What is the % DV of fibre and iron for each hot cereal?
 - Plain quick oats and flavoured instant oatmeal have more fibre (11-12% DV) than cream of wheat (4% DV).
 - All cereal is a source of iron. Flavoured instant oatmeal is an excellent source of iron (38% DV). Cream of wheat is a good source of iron (22% DV).

Step 3: What type of hot cereal would you choose?

- Plain quick oats are a better choice. They are high in fibre, low in sugar and contain other great nutrients.

Other teaching points:

- Fibre is a part of the plant that cannot be broken down by your body.
- Fibre helps slow how quickly your body breaks down food. It slows how quickly sugars and fats get into your blood stream.
- Eating fibre makes you feel full longer and helps keep you regular.



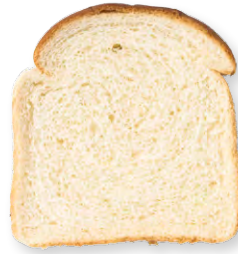
Bread | Grain Products



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Whole Grain Bread

Nutrition Facts	
Per 1 slice (35 g)	
Amount	% Daily Value
Calories 93	
Fat 1 g	2%
Saturated 0 g	3%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 147 mg	6%
Carbohydrate 15 g	5%
Fibre 3 g	10%
Sugars 2 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	3%
Iron	6%
Folate 26 µg	12%
Potassium 80 mg	2%



*

White Bread

Nutrition Facts	
Per 1 slice (35 g)	
Amount	% Daily Value
Calories 93	
Fat 1 g	2%
Saturated 0.3 g	1%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 238 mg	10%
Carbohydrate 18 g	6%
Fibre 1 g	3%
Sugars 2 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	9%
Folate 60 µg	27%
Potassium 35 mg	1%



White Texas Toast

Nutrition Facts	
Per 1 piece (48g)	
Amount	% Daily Value
Calories 126	
Fat 2 g	2%
Saturated 0 g	2%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 324 mg	14%
Carbohydrate 24 g	8%
Fibre 1 g	4%
Sugars 2 g	
Protein 4 g	
Vitamin A	0%
Vitamin C	0%
Calcium	7%
Iron	13%
Folate 81 µg	37%
Potassium 48 mg	1%

Tips

- Enjoy whole grain breads more often to boost your fibre.
- Two slices of Texas toast is like three slices of all other breads!

* © Dietitians of Canada

Facilitator Guide

Bread

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

- White Texas toast is thicker and weighs more than the whole grain and white breads.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: sodium, carbohydrate and fibre.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- What is the % DV of sodium, carbohydrate and fibre for:
 - Whole grain bread?
 - White bread?
 - White Texas toast?
- Whole grain bread is lower in sodium (6% DV) than the other types of bread.
- Texas toast has more carbohydrates (8% DV) than whole grain and white bread (5-6% DV).
- Whole grain bread is higher in fibre (10% DV) than white bread or white Texas toast (3-4% DV).

Step 3: What type of bread would you choose?

- Whole grain bread is a better choice. It is a source of fibre, and is low in fat and sodium.

Other teaching points:

- Canada's Food Guide recommends that you:
 - make at least half your grains whole grain each day.
 - choose grain products that are lower in fat, sugar or salt.



Bannock | Grain Products



**Whole Wheat
Bannock**

Nutrition Facts	
Per 37 g	
Amount	% Daily Value
Calories 122	
Fat 2 g	3%
Saturated 0 g	
+ Trans 0 g	2%
Cholesterol 1 mg	0%
Sodium 194 mg	8%
Carbohydrate 18 g	6%
Fibre 1 g	6%
Sugars 1 g	
Protein 4 g	
Vitamin A	1%
Vitamin C	0%
Calcium	6%
Iron	8%
Folate 52 µg	24%
Potassium 70 mg	2%



**Baked
Bannock**

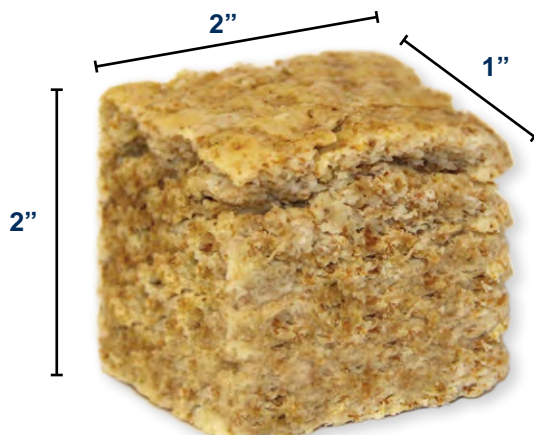
Nutrition Facts	
Per 37 g	
Amount	% Daily Value
Calories 123	
Fat 2 g	3%
Saturated 0 g	
+ Trans 0 g	2%
Cholesterol 1 mg	0%
Sodium 194 mg	8%
Carbohydrate 19 g	6%
Fibre 1 g	3%
Sugars 1 g	
Protein 4 g	
Vitamin A	1%
Vitamin C	0%
Calcium	6%
Iron	9%
Folate 84 µg	38%
Potassium 47 mg	1%



**Fried
Bannock**

Nutrition Facts	
Per 37 g	
Amount	% Daily Value
Calories 159	
Fat 8 g	12%
Saturated 1 g	
+ Trans 0 g	4%
Cholesterol 1 mg	0%
Sodium 215 mg	9%
Carbohydrate 19 g	6%
Fibre 1 g	3%
Sugars 1 g	
Protein 3 g	
Vitamin A	1%
Vitamin C	0%
Calcium	6%
Iron	9%
Folate 84 µg	38%
Potassium 46 mg	1%

One serving from Canada's Food Guide looks like:



Tips

- Baked bannock has less fat than fried bannock.
- Try adding whole wheat flour or oats to your bannock recipe.
- Instead of lard, use margarine or vegetable oil in your bannock recipe.

Facilitator Guide

Bannock

Homemade foods, like bannock, often do not have Nutrition Facts tables. The Nutrition Facts tables on this card are based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- What is the % DV of fat for:
 - Baked whole wheat bannock?
 - Baked white bannock?
 - Fried bannock?
- Fried bannock is higher in fat (12% DV) than baked whole wheat or baked white bannock (3% DV).

Step 3: What type of bannock would you choose?

- Baked whole wheat bannock is a better choice. It is lower in fat.

Other teaching points:

Be creative with your bannock recipes:

- Add shredded cheese.
- Add fresh, frozen or dried berries.
- Try oats and raisins together.



Crackers | Grain Products



*

Whole Wheat Cracker

Nutrition Facts	
Per 6 crackers (24g)	
Amount	% Daily Value
Calories 102	
Fat 3 g	5%
Saturated 0 g	3%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 145 mg	6%
Carbohydrate 17 g	6%
Fibre 3 g	10%
Sugars 0 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	6%
Folate 7 µg	3%
Potassium 83 mg	2%



*

Soda Cracker

Nutrition Facts	
Per 10 crackers (30 g)	
Amount	% Daily Value
Calories 126	
Fat 3 g	4%
Saturated 1 g	3%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 335 mg	14%
Carbohydrate 22 g	7%
Fibre 1 g	4%
Sugars 1 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	11%
Folate 67 µg	30%
Potassium 48 mg	1%



*

Snack Cracker

Nutrition Facts	
Per 10 crackers (36 g)	
Amount	% Daily Value
Calories 176	
Fat 9 g	14%
Saturated 2 g	11%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 302 mg	13%
Carbohydrate 21 g	7%
Fibre 1 g	3%
Sugars 3 g	
Protein 2 g	
Vitamin A	0%
Vitamin C	0%
Calcium	3%
Iron	10%
Folate 66 µg	30%
Potassium 38 mg	1%

Tips

- Crackers can be high in fat and sodium. Read the Nutrition Facts table to make a wise choice.
- Look for whole grain crackers to boost your fibre.

* © Dietitians of Canada

Facilitator Guide

Crackers

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat, sodium and fibre.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- What is the % DV of fat, sodium and fibre for:
 - Whole wheat crackers?
 - Soda crackers?
 - Snack crackers?
- Snack crackers have three times more fat (14% DV) than whole wheat or soda crackers.
- All these crackers have more than 5% DV for sodium.
- Whole wheat crackers are a source of fibre (10% DV). The other two types of crackers are low in fibre.

Step 3: What type of cracker would you choose?

- Whole wheat crackers are a better choice. They have the least amount of fat and sodium, and are a source of fibre.

Other teaching points:

- Whole grain foods have the word “whole” or “whole grain” followed by the name of the grain. For example: whole grain, whole wheat or whole grain oats.
- Whole grains are a source of fibre. Whole grains have all the nutrients that are part of the grain.
- When grains are ground into flour, some nutrients are lost. Enriched flour is when these nutrients are added back.
- You will often see enriched flour in the list of ingredients for grain products.



Macaroni | Grain Products



**Whole Wheat
Macaroni**

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 92	
Fat 0 g	1%
Saturated 0 g	1%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 2 mg	0%
Carbohydrate 20 g	7%
Fibre 2 g	8%
Sugars 1 g	
Protein 4 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	6%
Folate 4 µg	2%
Potassium 33 mg	1%



Macaroni

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 117	
Fat 1 g	1%
Saturated 0 g	2%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Carbohydrate 23 g	8%
Fibre 1 g	4%
Sugars 0 g	
Protein 4 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	7%
Folate 113 µg	51%
Potassium 33 mg	1%



**Homemade
Macaroni and Cheese**

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 290	
Fat 10 g	16%
Saturated 5 g	24%
+ Trans 0 g	
Cholesterol 25 mg	8%
Sodium 190 mg	8%
Carbohydrate 36 g	12%
Fibre 1 g	5%
Sugars 6 g	
Protein 13 g	
Vitamin A	13%
Vitamin C	0%
Calcium	24%
Iron	12%
Folate 180 µg	82%
Potassium 239 mg	7%



**Boxed
Macaroni and Cheese**

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 351	
Fat 17 g	27%
Saturated 4 g	35%
+ Trans 3 g	
Cholesterol 9 mg	3%
Sodium 722 mg	30%
Carbohydrate 53 g	18%
Fibre 2 g	8%
Sugars 11 g	
Protein 13 g	
Vitamin A	15%
Vitamin C	0%
Calcium	14%
Iron	14%
Folate 235 µg	107%
Potassium 178 mg	5%

One serving from Canada's Food Guide looks like
one hockey puck:



Tips

- Try mixing white and whole wheat pasta together. It's an easy way to add fibre.
- Homemade pasta dishes are better choices than store-bought pasta dishes.

Facilitator Guide

Macaroni

Homemade foods, like macaroni and cheese, often do not have Nutrition Facts tables. The Nutrition Facts table for homemade macaroni and cheese is based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat, sodium and fibre.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- What is the % DV of fat, sodium and fibre for:
 - Whole wheat macaroni?
 - Macaroni?
 - Homemade macaroni and cheese?
 - Boxed macaroni and cheese?
- Whole wheat macaroni and macaroni are low in fat (1% DV) and sodium (0% DV).
- Whole wheat macaroni is a source of fibre (8% DV).
- Homemade macaroni and cheese is high in fat (16% DV).
- Boxed macaroni and cheese is very high in fat (27% DV) and sodium (30% DV).

Step 3: What type of macaroni would you choose?

- Whole wheat macaroni is a better choice. It has more fibre and is lower in fat and sodium than macaroni. But macaroni is also a good choice.
- Homemade macaroni and cheese is a better choice. It is lower in fat and sodium than boxed macaroni and cheese.

Other teaching points:

- Here are some ways to make your pasta dish healthier:
 - Use low fat cheese and milk to make macaroni and cheese.
 - Add frozen or fresh vegetables.
 - Try a tomato sauce instead of a cream sauce.
 - Add lean meat, beans or fish to your pasta dish.



Rice | Grain Products



Brown Rice

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 115	
Fat 1 g	1%
Saturated 0 g	1%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Carbohydrate 24 g	8%
Fibre 2 g	6%
Sugars 0 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	3%
Folate 4 µg	2%
Potassium 45 mg	1%



White Rice

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 109	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Carbohydrate 24 g	8%
Fibre 0 g	1%
Sugars 0 g	
Protein 2 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	1%
Folate 3 µg	1%
Potassium 29 mg	1%



Instant White Rice

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 102	
Fat 0 g	1%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 4 mg	0%
Carbohydrate 22 g	7%
Fibre 1 g	2%
Sugars 0 g	
Protein 2 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	3%
Folate 103 µg	47%
Potassium 8 mg	0%

One serving from Canada's Food Guide looks like
one hockey puck:



Tips

- Make a stir fry. Add cooked vegetables and a lean meat to your rice.
- Try adding wild rice to white rice for added nutrition.
- All plain rice is low in sodium. Packaged rice side dishes may have a lot of sodium.

Facilitator Guide

Rice

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fibre.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- What is the % DV of fibre for:
 - Brown rice?
 - White rice?
 - Instant white rice?
- Brown rice is a whole grain and is a source of fibre (6% DV). White rice and instant rice are not sources of fibre.

Step 3: What type of rice would you choose?

- Brown rice is a better choice. It is a whole grain, and is a source of fibre and other great nutrients.

Other teaching points:

- Whole grain foods have the word “whole” or “whole grain” followed by the name of the grain. For example: whole grain, whole wheat or whole grain oats.
- Whole grains are a source of fibre. Whole grains have all the nutrients that are part of the grain.
- Fibre is a part of the plant that cannot be broken down by your body.
- Fibre helps slow how quickly your body breaks down food. It slows how quickly sugars and fats get into your blood stream.
- Eating fibre makes you feel full longer and helps keep you regular.



Cheese | Milk and Alternatives



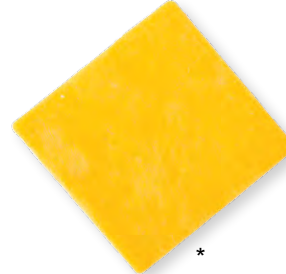
Cheddar Cheese
18% M.F

Nutrition Facts	
Per 50 g	
Amount	% Daily Value
Calories 141	
Fat 9 g	14%
Saturated 5.8 g	
+ Trans 0 g	29%
Cholesterol 28 mg	9%
Sodium 362 mg	15%
Carbohydrate 1 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 14 g	
Vitamin A	8%
Vitamin C	0%
Calcium	41%
Iron	0%
Folate 10 µg	5%
Potassium 46 mg	1%
Vitamin D 0.1 µg	3%



Cheddar Cheese
36% M.F

Nutrition Facts	
Per 50 g	
Amount	% Daily Value
Calories 202	
Fat 17 g	25%
Saturated 10.5 g	
+ Trans 0 g	53%
Cholesterol 52 mg	17%
Sodium 310 mg	13%
Carbohydrate 1 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 12 g	
Vitamin A	13%
Vitamin C	0%
Calcium	33%
Iron	2%
Folate 9 µg	4%
Potassium 49 mg	1%
Vitamin D 0.1 µg	2%



Processed Cheese

Nutrition Facts	
Per 50 g (2 slices)	
Amount	% Daily Value
Calories 188	
Fat 16 g	24%
Saturated 9.8 g	
+ Trans 1 g	53%
Cholesterol 47 mg	16%
Sodium 744 mg	31%
Carbohydrate 1 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 11 g	
Vitamin A	13%
Vitamin C	0%
Calcium	25%
Iron	1%
Folate 4 µg	2%
Potassium 84 mg	2%
Vitamin D 0.3 µg	6%



Cheese Spread

Nutrition Facts	
Per 50 g	
Amount	% Daily Value
Calories 146	
Fat 11 g	16%
Saturated 6.7 g	
+ Trans 0 g	33%
Cholesterol 28 mg	9%
Sodium 812 mg	34%
Carbohydrate 4 g	1%
Fibre 0 g	0%
Sugars 0 g	
Protein 8 g	
Vitamin A	1%
Vitamin C	0%
Calcium	26%
Iron	1%
Folate 4 µg	2%
Potassium 121 mg	3%
Vitamin D 0.1 µg	2%

One serving from Canada's Food Guide looks like two erasers:



Tips

- M.F. stands for "milk fat." It is found on the front of the package. Look for less than 20% M.F. in cheese products.
- Cheese is an excellent source of calcium. Calcium helps keep your bones and teeth strong.
- Processed cheese products can be higher in fat and sodium. Choose these items less often.

* © Dietitians of Canada

Facilitator Guide

Cheese

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat, sodium and calcium.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- What is the % DV of fat, sodium and calcium for:
 - Cheddar cheese (18% M.F.)?
 - Cheddar cheese (36% M.F.)?
 - Processed cheese?
 - Cheese spread?
- 36% M.F. cheddar cheese and processed cheese have the highest fat content (24-25% DV).
- All cheeses have a lot of sodium. Processed cheese and cheese spread are very high in sodium (31-34% DV).
- All cheeses are excellent sources of calcium (25-41% DV).

Step 3: What type of cheese would you choose?

- Cheddar cheese (18% M.F.) is a better choice. It is lower in fat than the other cheeses and an excellent source of calcium.

Other teaching points:

- Buy your cheese on sale and freeze it. Cheeses like marble, cheddar and mozzarella can be frozen as small blocks or shredded. Firm cheeses like these can be frozen for up to three months.



What's in Your Coffee or Tea? | Milk and Alternatives



Skim Milk Powder

Nutrition Facts	
Per 1 Tablespoon (15 mL)	
Amount	% Daily Value
Calories 15	
Fat 0 g	0%
Saturated 0.0 g	0%
+ Trans 0 g	
Cholesterol 12 mg	4%
Sodium 24 mg	1%
Carbohydrate 2 g	1%
Fibre 0 g	0%
Sugars 2 g	
Protein 2 g	
Vitamin A	3%
Vitamin C	0%
Calcium	5%
Iron	0%
Folate 3 µg	1%
Potassium 75 mg	2%
Vitamin D 0.5 µg	9%



2% Evaporated Milk

Nutrition Facts	
Per 1 Tablespoon (15 mL)	
Amount	% Daily Value
Calories 15	
Fat 0 g	0%
Saturated 0.2 g	1%
+ Trans 0 g	
Cholesterol 1 mg	0%
Sodium 18 mg	1%
Carbohydrate 2 g	1%
Fibre 0 g	0%
Sugars 2 g	
Protein 1 g	
Vitamin A	2%
Vitamin C	8%
Calcium	4%
Iron	0%
Folate 1 µg	0%
Potassium 51 mg	1%
Vitamin D 0.3 µg	6%



Coffee Whitener

Nutrition Facts	
Per 1 Tablespoon (15 mL)	
Amount	% Daily Value
Calories 33	
Fat 2 g	3%
Saturated 1.9 g	10%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 12 mg	1%
Carbohydrate 3 g	1%
Fibre 0 g	0%
Sugars 3 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
Folate 0 µg	0%
Potassium 48 mg	1%
Vitamin D 0.0 µg	0%

Tips

- Coffee whitener is not a milk alternative. It has no nutrition.
- Coffee whitener should **never** be given to infants or children.

Facilitator Guide

What's in Your Coffee or Tea?

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: saturated fat and calcium.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- What is the % DV for saturated fat and calcium for:
 - Skim milk powder?
 - 2% M.F. evaporated milk?
 - Coffee whitener?
- Skim milk powder and evaporated milk have little or no saturated fat (0-1% DV). Coffee whitener has 10% DV of saturated fat. Saturated fats are unhealthy for our heart.
- Coffee whitener has no calcium. One tablespoon of skim milk powder and evaporated milk has a little calcium (4-5% DV).

Step 3: What would you choose?

- Skim milk powder and evaporated milk are good choices to add to your coffee or tea. They are low in fat.

Other teaching points:

- Skim milk powder and evaporated milk can be used in your cooking.
- Add skim milk powder to muffins, pancakes, bannock and soups for more nutrition.
- Evaporated milk can replace cream or half-and-half in most recipes.
- A glass of prepared skim milk is an excellent source of calcium.



Milk | Milk and Alternatives



*

1% Milk

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 108	
Fat 3 g	4%
Saturated 0.8 g	4%
+ Trans 0 g	
Cholesterol 13 mg	4%
Sodium 113 mg	5%
Carbohydrate 13 g	4%
Fibre 0 g	0%
Sugars 13 g	
Protein 9 g	
Vitamin A	16%
Vitamin C	0%
Calcium	29%
Iron	1%
Folate 13 µg	6%
Potassium 387 mg	11%
Vitamin D 2.6 µg	51%



*

1% Chocolate Milk

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 166	
Fat 3 g	4%
Saturated 1.6 g	8%
+ Trans 0 g	
Cholesterol 8 mg	3%
Sodium 161 mg	7%
Carbohydrate 28 g	9%
Fibre 1 g	5%
Sugars 26 g	
Protein 9 g	
Vitamin A	17%
Vitamin C	0%
Calcium	28%
Iron	5%
Folate 13 µg	6%
Potassium 449 mg	13%
Vitamin D 2.6 µg	53%



*

Whole Milk

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 157	
Fat 8 g	13%
Saturated 6.2 g	33%
+ Trans 0 g	
Cholesterol 26 mg	9%
Sodium 111 mg	5%
Carbohydrate 12 g	4%
Fibre 0 g	0%
Sugars 14 g	
Protein 8 g	
Vitamin A	12%
Vitamin C	0%
Calcium	26%
Iron	1%
Folate 13 µg	6%
Potassium 340 mg	10%
Vitamin D 2.6 µg	51%

Tips

- Choose lower fat milk more often (skim, 1% or 2% M.F.).
- Children two years and older can drink low-fat milk.
- Milk is an excellent source of calcium and vitamin D. These nutrients help build strong bones and teeth!

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Facilitator Guide

Milk

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat, sugar and calcium.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for sugar. There is no recommended amount of sugar you need each day. We can still look at the grams of sugar in each item.

How many grams of sugar are in:

- 1% milk?
- 1% chocolate milk?
- Whole milk?
- Chocolate milk is high in sugar (26 g). Most of the sugar in chocolate milk is added.
- What is the % DV of fat and calcium for each milk?
 - Whole milk has more fat (13% DV) than 1% milk or chocolate milk (4% DV).
 - All forms of milk are excellent sources of calcium (26-29% DV).

Step 3: What type of milk would you choose?

- 1% milk is a better choice. It is low in fat and sugar, and is an excellent source of calcium.

Other teaching points:

Try this activity with your group:

- 1 tsp of sugar weighs 4 g. There are 26 g of sugar in chocolate milk. This means that 1 cup of chocolate milk has 6.5 tsp of sugar. Measure out 6.5 tsp of sugar or show the picture.





Yogurt | Milk and Alternatives



**Fruit-Flavoured
Yogurt 1-2% M.F.**

Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
Calories 177	
Fat 3 g	4%
Saturated 1.7 g	9%
+ Trans 0 g	
Cholesterol 11 mg	4%
Sodium 87 mg	4%
Carbohydrate 31 g	10%
Fibre 0 g	0%
Sugars 31 g	
Protein 7 g	
Vitamin A	3%
Vitamin C	2%
Calcium	19%
Iron	1%
Folate 20 µg	9%
Potassium 314 mg	9%
Vitamin D 0.0 µg	0%



Plain Yogurt 1-2% M.F.

Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
Calories 110	
Fat 3 g	4%
Saturated 1.8 g	9%
+ Trans 0 g	
Cholesterol 10 mg	3%
Sodium 122 mg	5%
Carbohydrate 12 g	4%
Fibre 0 g	0%
Sugars 12 g	
Protein 9 g	
Vitamin A	2%
Vitamin C	2%
Calcium	29%
Iron	1%
Folate 19 µg	9%
Potassium 410 mg	12%
Vitamin D 0.0 µg	0%



Yogurt Drink

Nutrition Facts	
Per 1 container (200 mL)	
Amount	% Daily Value
Calories 145	
Fat 3 g	5%
Saturated 2.1 g	10%
+ Trans 0 g	
Cholesterol 12 mg	4%
Sodium 81 mg	3%
Carbohydrate 24 g	8%
Fibre 0 g	0%
Sugars 24 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	3%
Calcium	17%
Iron	1%
Folate 25 µg	11%
Potassium 257 mg	7%
Vitamin D 0.2 µg	4%

One serving from Canada's Food Guide looks like
one tennis ball:



Tips

- Choose low-fat yogurt more often (skim, 1% or 2% M.F.).
- Plain yogurt can replace mayonnaise and sour cream in recipes.

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Facilitator Guide

Yogurt

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat, sugar and calcium.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for sugar. There is no recommended amount of sugar you need each day. We can still look at the grams of sugar in each item.
How many grams of sugar are in:
 - Fruit-flavored yogurt 1-2% M.F.?
 - Plain yogurt 1-2% M.F.?
 - Yogurt drink?
- Fruit-flavoured yogurt has 31 g of sugar per serving. The yogurt drink has 24 g of sugar per serving. These types of yogurt are high in added sugar.
- What is the % DV of fat and calcium for each yogurt?
 - All three yogurts are low in fat (less than 5% DV).
 - Plain yogurt is an excellent source of calcium (29% DV). Fruit-flavored yogurt and yogurt drink are good sources of calcium (17-19% DV)

Step 3: What type of yogurt would you choose?

- Plain yogurt is a better choice. It is low in sugar and high in calcium.

Other teaching points:

- Yogurt drinks come in sizes of 100 mL, 200 mL or 300 mL. Choose the smallest available size most often.
- Here are a few ideas to lower the amount of sugar in your yogurt:
 - Mix fruit-flavoured yogurt with plain yogurt.
 - Add fresh, frozen or dried fruit to sweeten plain yogurt.
 - Sweeten plain yogurt with a little honey or a sprinkle of cinnamon.
 - Make a special parfait by layering yogurt, fruit and cereal.



Health
Canada

Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Cooked Meat | Meat and Alternatives



*

Roast Moose

Nutrition Facts	
Per 75 g	
Amount	% Daily Value
Calories 100	
Fat 1 g	2%
Saturated 0.2 g	3%
+ Trans 0 g	
Cholesterol 58 mg	19%
Sodium 38 mg	2%
Carbohydrate 0 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 26 g	
Vitamin A	0%
Vitamin C	6%
Calcium	0%
Iron	27%
Folate 3 µg	1%
Potassium 375 mg	11%



*

Roast Chicken

Nutrition Facts	
Per 75 g	
Amount	% Daily Value
Calories 179	
Fat 10 g	16%
Saturated 2.8 g	14%
+ Trans 0 g	
Cholesterol 66 mg	22%
Sodium 62 mg	3%
Carbohydrate 0 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 20 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	7%
Folate 4 µg	2%
Potassium 167 mg	5%



Hot Dogs

Nutrition Facts	
Per 2 weiners (76g)	
Amount	% Daily Value
Calories 228	
Fat 21 g	32%
Saturated 8.1 g	42%
+ Trans 0 g	
Cholesterol 38 mg	13%
Sodium 840 mg	35%
Carbohydrate 1 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 9 g	
Vitamin A	1%
Vitamin C	3%
Calcium	1%
Iron	6%
Folate 4 µg	2%
Potassium 126 mg	4%

One serving from Canada's Food Guide looks like
one deck of cards:



Tips

- Roast moose is an excellent choice. It is low in fat, and high in protein and iron.
- A hot dog is not a meat choice. It is high in fat and sodium, and low in protein.
- Healthy cooking choices include baking, roasting, boiling and grilling.

* © Dietitians of Canada

Canada

Facilitator Guide

Cooked Meats

Meat, like moose and chicken, often does not have a Nutrition Facts table. The Nutrition Facts tables for roast moose and chicken are based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

The serving size for roast moose and chicken is about the size of a deck of cards. How much meat do you put on your plate?

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat, saturated fat, sodium, protein and iron.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for protein. We can still look at the grams of protein in each item.
How many grams of protein are in:
 - Roast moose?
 - Roast chicken?
 - Hot dogs?
- Roast moose has the highest amount of protein (26 g), followed by roast chicken (20 g). The hot dogs are low in protein (9 g).
- What is the % DV of fat, saturated fat, sodium and iron for each meat?
 - Roast moose is low in fat and saturated fat (3% DV or less). The hot dogs are very high in fat (32 % DV) and saturated fat (42% DV).
 - Roast moose and roast chicken are low in sodium (3% DV or less). The hot dogs are high in sodium (35% DV).

Step 3: What type of meat would you choose?

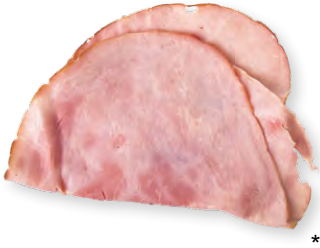
- Roast moose is a better choice. It is low in fat, sodium and high in protein and iron. Roast chicken is also a healthy choice. It is high in protein. For less fat, remove the chicken skin before it is cooked.

Other teaching points:

- Saturated fat is a type of fat found in foods like meat, butter, cheese, whole milk, lard, shortening, coconut oil and palm kernel oil.
- Eating foods high in saturated fat is unhealthy for your heart.



Deli Meat | Meat and Alternatives



Deli Ham

Nutrition Facts	
Per 2 slices (56 g)	
Amount	% Daily Value
Calories 92	
Fat 5 g	7%
Saturated 1.6 g	10%
+ Trans 0 g	
Cholesterol 32 mg	11%
Sodium 730 mg	30%
Carbohydrate 2 g	1%
Fibre 1 g	3%
Sugars 0 g	
Protein 9 g	
Vitamin A	0%
Vitamin C	4%
Calcium	1%
Iron	4%
Folate 4 µg	2%
Potassium 160 mg	5%



Bologna

Nutrition Facts	
Per 2 slices (56 g)	
Amount	% Daily Value
Calories 154	
Fat 13 g	20%
Saturated 3.9 g	27%
+ Trans 1 g	
Cholesterol 48 mg	16%
Sodium 636 mg	27%
Carbohydrate 3 g	1%
Fibre 0 g	0%
Sugars 0 g	
Protein 6 g	
Vitamin A	1%
Vitamin C	15%
Calcium	5%
Iron	5%
Folate 4 µg	2%
Potassium 178 mg	5%



Garlic Sausage

Nutrition Facts	
Per 75 g	
Amount	% Daily Value
Calories 244	
Fat 22 g	33%
Saturated 7.7 g	45%
+ Trans 1 g	
Cholesterol 52 mg	17%
Sodium 657 mg	27%
Carbohydrate 1 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 11 g	
Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	8%
Folate 2 µg	1%
Potassium 178 mg	5%



Bacon

Nutrition Facts	
Per 3 slices (24 g)	
Amount	% Daily Value
Calories 130	
Fat 10 g	15%
Saturated 3.3 g	16%
+ Trans 0 g	
Cholesterol 26 mg	9%
Sodium 554 mg	23%
Carbohydrate 0 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 9 g	
Vitamin A	0%
Vitamin C	1%
Calcium	0%
Iron	3%
Folate 0 µg	0%
Potassium 136 mg	4%

Tips

- Most deli meat is high in fat and sodium. Choose less often.
- Deli ham, roast beef and turkey are lower fat choices.
- Try leftover meat like chicken, pork or moose on your sandwich.

* © Dietitians of Canada

Facilitator Guide

Deli Meat

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat, saturated fat, sodium and protein.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for protein. We can still look at the grams of protein in each item.
How many grams of protein are in:
 - Deli ham?
 - Bologna?
 - Garlic sausage?
 - Bacon?
- All deli meat is lower in protein compared to other meat.
- What is the % DV of fat, saturated fat and sodium for each deli meat?
 - Deli ham has the lowest amount of fat (7% DV) and saturated fat (10% DV). Garlic sausage has the highest amount of fat (33% DV) and saturated fat (45% DV).
 - All deli meat is high in sodium (23-30% DV).

Step 3: What type of deli meat would you choose?

- Deli ham is a better choice. It has less fat and saturated fat than the other deli meat.

Other teaching points:

- Eggs, canned tuna and canned salmon are healthy meat alternatives for sandwiches.



Ground Beef | Meat and Alternatives



**Fried Lean
Ground Beef**

Nutrition Facts	
Per 75 g	
Amount	% Daily Value
Calories 178	
Fat 11 g	17%
Saturated 4.2 g	21%
+ Trans 0 g	
Cholesterol 49 mg	16%
Sodium 52 mg	2%
Carbohydrate 0 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 19 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	13%
Folate 7 µg	3%
Potassium 234 mg	7%



**Fried Regular
Ground Beef**

Nutrition Facts	
Per 75 g	
Amount	% Daily Value
Calories 230	
Fat 17 g	26%
Saturated 6.6 g	33%
+ Trans 0 g	
Cholesterol 54 mg	18%
Sodium 63 mg	3%
Carbohydrate 0 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 18 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	13%
Folate 7 µg	3%
Potassium 225 mg	6%



**Frozen
Hamburger Patty**

Nutrition Facts	
Per 1 burger (142 g)	
Amount	% Daily Value
Calories 320	
Fat 24 g	37%
Saturated 10.0 g	55%
+ Trans 1 g	
Cholesterol 80 mg	27%
Sodium 380 mg	16%
Carbohydrate 3 g	1%
Fibre 0 g	0%
Sugars 1 g	
Protein 22 g	
Vitamin A	0%
Vitamin C	0%
Calcium	8%
Iron	15%
Folate 7 µg	3%
Potassium 229 mg	7%

One serving from Canada's Food Guide looks like
one deck of cards:



Tips

- Ground beef is a good source of protein and iron.
- Rinse your cooked ground beef with warm water to get rid of some of the extra fat.
- Frozen hamburger patties from the store are high in fat and sodium. Try making your own hamburger patties with lean ground beef.

Facilitator Guide

Ground Beef

Meat, like ground beef, often does not have Nutrition Facts tables. The Nutrition Facts tables for fried lean and fried regular ground beef are based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat, sodium, protein.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for protein. We can still look at the grams of protein in each item.
How many grams of protein are in:
 - Fried lean ground beef?
 - Fried regular ground beef?
 - Frozen hamburger patty?
- Both types of ground beef and the hamburger patty are good sources of protein.
- What is the % DV of fat, sodium and protein in each ground beef?
 - The frozen hamburger patty has the highest amount of fat (37% DV) and saturated fat (55% DV).
 - The frozen hamburger patty has a lot of sodium (16% DV). Lean and regular ground beef have a little sodium (2-3% DV).

Step 3: What type of ground beef would you choose?

- Lean ground beef is a better choice. It is low in sodium, lower in fat and is a good source of protein.

Other teaching points:

- Try making your own hamburger patties with lean ground beef. It is healthier and less expensive.
- Regular ground beef is often cheaper than lean or extra-lean ground beef.
- After you cook regular ground beef, remember to drain, blot or rinse off the fat.



Meat Alternatives | Meat and Alternatives



**Canned Tuna
in Water**

Nutrition Facts	
Per 75 g	
Amount	% Daily Value
Calories 87	
Fat 1 g	1%
Saturated 0.2 g	1%
+ Trans 0 g	
Cholesterol 22 mg	7%
Sodium 38 mg	2%
Carbohydrate 0 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 19 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	8%
Folate 3 µg	1%
Potassium 178 mg	5%



**Canned Baked Beans
in Tomato Sauce**

Nutrition Facts	
Per 3/4 cup (175 mL)	
Amount	% Daily Value
Calories 177	
Fat 1 g	1%
Saturated 0.1 g	1%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 644 mg	27%
Carbohydrate 40 g	13%
Fibre 8 g	31%
Sugars 15 g	
Protein 9 g	
Vitamin A	1%
Vitamin C	0%
Calcium	6%
Iron	16%
Folate 23 µg	10%
Potassium 421 mg	12%



Peanut Butter

Nutrition Facts	
Per 2 Tablespoons (30 mL)	
Amount	% Daily Value
Calories 191	
Fat 16 g	25%
Saturated 3.4 g	17%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 149 mg	6%
Carbohydrate 6 g	2%
Fibre 2 g	7%
Sugars 3 g	
Protein 8 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	4%
Folate 24 µg	11%
Potassium 210 mg	6%

Tips

- Choose fish canned in water instead of oil.
- Beans are low in fat, and high in protein and fibre. They are a low-cost choice.
- Peanut butter is a meat alternative. One serving of peanut butter is 30 mL (2 Tbsp).

* © Dietitians of Canada

Facilitator Guide

Meat Alternatives

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

- One Canada's Food Guide serving of canned tuna is 75 g. One can of tuna is 120 g. If you eat a whole can, you will get 1.5 servings of tuna.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat, fibre, protein and iron.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for protein. We can still look at the grams of protein in each item.
How many grams of protein are in:
 - Canned tuna?
 - Canned beans?
 - Peanut butter?
- Canned tuna has the highest amount of protein (19 g).
- What is the % DV of fat, saturated fat, fibre and iron for each meat alternative?
 - Canned tuna and baked beans are low in fat (1% DV). Peanut butter is high in fat (25% DV).
 - Canned beans are an excellent source of fibre (31% DV).
 - Canned beans are high in iron (16% DV).
- If you ate a whole can of tuna, how much protein and iron would you get?
 - One can of tuna has 28.5 g protein (19 g protein per serving times 1.5 servings).
 - One can of tuna has 12% DV iron (8% DV iron per serving times 1.5 servings).

Step 3: What type of meat alternative would you choose?

- All three meat alternatives are great choices.

Other teaching points:

- Enjoy beans more often. Add them to soups, stews or casseroles.
- Fish is an excellent choice. Try to eat at least two servings of fish each week.
- Nuts are another a great meat alternative. A serving is a small handful or 60 mL (¼ cup).



Coffee | Other Foods



Black Coffee

Nutrition Facts	
Per Large (591 mL)	
Amount	% Daily Value
Calories 0	
Fat 0 g	0%
Saturated 0.0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 13 mg	1%
Carbohydrate 0 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 1 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	1%
Folate 5 µg	2%
Potassium 307 mg	9%



**Coffee with
Milk and Sweetener**

Nutrition Facts	
Per Large (591 mL)	
Amount	% Daily Value
Calories 36	
Fat 1 g	2%
Saturated 0.4 g	2%
+ Trans 0 g	
Cholesterol 5 mg	2%
Sodium 27 mg	1%
Carbohydrate 5 g	2%
Fibre 0 g	0%
Sugars 5 g	
Protein 2 g	
Vitamin A	4%
Vitamin C	0%
Calcium	6%
Iron	0%
Folate 3 µg	1%
Potassium 82 mg	2%



**“Double-Double”
Coffee***

Nutrition Facts	
Per Large (591 mL)	
Amount	% Daily Value
Calories 225	
Fat 14 g	22%
Saturated 4.0 g	21%
+ Trans 0 g	
Cholesterol 30 mg	10%
Sodium 80 mg	3%
Carbohydrate 30 g	10%
Fibre 0 g	0%
Sugars 30 g	
Protein 4 g	
Vitamin A	8%
Vitamin C	0%
Calcium	16%
Iron	0%
Folate 0 µg	0%
Potassium 0 mg	0%

Tips

- A “double-double” coffee is high in calories, fat and sugar.
- If you choose to add milk or creamer to your coffee or tea, choose low fat options.
- If you like a sweeter coffee or tea, try using sugar-free sweeteners.

* Source: Tim Hortons (December 2013). Nutrition Guide.
Retrieved from http://www.timhortons.com/ca/en/pdf/TH-Nutrition-Guide-CE-2013-_FINAL.pdf

Facilitator Guide

Coffee

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the serving size. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat and sugar.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for sugar. There is no daily recommended amount of sugar you need each day. We can still look at the grams of sugar in each item.

How many grams of sugar are in:

- Black coffee?
- Coffee with milk and sweetener?
- A large “double-double” coffee?
- Black coffee, and coffee with milk and sweetener have little or no sugar. A typical large “double-double” coffee has 30 g of sugar.
- What is the % DV of fat in each coffee?
 - A typical large “double-double” coffee is high in fat (22% DV).
 - Black coffee, and coffee with milk and sweetener have little or no fat (0-2% DV).

Step 3: What type of coffee would you choose?

- Black coffee, or coffee with milk and sweetener are better choices. Both are low in fat and sugar.

Other teaching points:

- Most coffee shops give you a choice of 2% M.F. milk or cream. 2% M.F. milk is a healthier choice.
- At home, choose low fat milk (skim, 1% or 2% M.F.) with your coffee or tea.
- Sweeteners taste sweet but have no sugar. Sweeteners will not make your blood sugar go up.
- Did you know a typical large “double-double” means there are 38 mL (7.5 tsp) of sugar and almost 15 mL (1 Tbsp) of fat in your coffee?





Fat | Other Foods



Canola oil

Nutrition Facts			
Per 15mL (1 Tablespoon)			
Amount	% Daily Value		
Calories	126		
Fat	14 g		22%
Saturated	1.0 g		7%
+ Trans	0 g		
Cholesterol	0 mg		0%
Sodium	0 mg		0%
Carbohydrate	0 g		0%
Fibre	0 g		0%
Sugars	0 g		
Protein	0 g		
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			0%
Folate	0 µg		0%
Potassium	0 mg		0%



**Non-hydrogenated
Margarine**

Nutrition Facts			
Per 15mL (1 Tablespoon)			
Amount	% Daily Value		
Calories	106		
Fat	12 g		18%
Saturated	1.6 g		9%
+ Trans	0 g		
Cholesterol	0 mg		0%
Sodium	160 mg		7%
Carbohydrate	0 g		0%
Fibre	0 g		0%
Sugars	0 g		
Protein	0 g		
Vitamin A			15%
Vitamin C			7%
Calcium			0%
Iron			0%
Folate	0 µg		0%
Potassium	6 mg		0%



Butter

Nutrition Facts			
Per 15mL (1 Tablespoon)			
Amount	% Daily Value		
Calories	103		
Fat	12 g		18%
Saturated	7.4 g		40%
+ Trans	1 g		
Cholesterol	31 mg		10%
Sodium	83 mg		3%
Carbohydrate	0 g		0%
Fibre	0 g		0%
Sugars	0 g		
Protein	0 g		
Vitamin A			10%
Vitamin C			0%
Calcium			0%
Iron			0%
Folate	0 µg		0%
Potassium	3 mg		0%



Lard

Nutrition Facts			
Per 15mL (1 Tablespoon)			
Amount	% Daily Value		
Calories	117		
Fat	13 g		20%
Saturated	5.2 g		27%
+ Trans	0 g		
Cholesterol	12 mg		4%
Sodium	0 mg		0%
Carbohydrate	0 g		0%
Fibre	0 g		0%
Sugars	0 g		
Protein	0 g		
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			0%
Folate	0 µg		0%
Potassium	0 mg		0%

Tips

- Use healthy vegetable oils like canola and olive oil.
- Use only 30-45 mL (2-3 Tbsp) of healthy fats each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Limit butter, hard margarine, lard, shortening and bacon fat. These are high in saturated fat.

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Facilitator Guide

Fat

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat and saturated fat.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- What is the % DV of fat and saturated fat for:
 - Canola oil?
 - Non-hydrogenated margarine?
 - Butter?
 - Lard?
- All of these choices have a lot of fat (18-22% DV).
- Butter and lard are high in saturated fat (27-40% DV). Canola oil and margarine have less saturated fat (7-9% DV).

Step 3: What type of fat would you choose?

- Canola oil and non-hydrogenated margarine are better choices. They are low in saturated fat.

Other teaching points:

- Saturated fat is a type of fat found in foods like meat, butter, cheese, whole milk, lard, shortening, coconut oil and palm kernel oil.
- Eating foods high in saturated fat is unhealthy for your heart.
- Make your own salad dressing with healthy oil, like canola. Use lemon juice, vinegar or a few teaspoons of fresh fruit juice with a little oil.
- To cut down on fat when cooking, use non-stick pots and pans.
- To cut down on fat when baking, grease baking pans with vegetable spray or line with wax paper.



Soup | Other Foods



*

Homemade Chicken Noodle Soup

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 135	
Fat 3 g	4%
Saturated 0.7 g	4%
+ Trans 0 g	
Cholesterol 64 mg	21%
Sodium 336 mg	14%
Carbohydrate 7 g	2%
Fibre 1 g	4%
Sugars 2 g	
Protein 19 g	
Vitamin A	13%
Vitamin C	5%
Calcium	2%
Iron	8%
Folate 29 µg	13%
Potassium 302 mg	9%



*

Canned Chicken Noodle Soup

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 64	
Fat 2 g	4%
Saturated 0.7 g	3%
+ Trans 0 g	
Cholesterol 13 mg	4%
Sodium 675 mg	28%
Carbohydrate 8 g	3%
Fibre 1 g	2%
Sugars 1 g	
Protein 3 g	
Vitamin A	3%
Vitamin C	0%
Calcium	1%
Iron	12%
Folate 31 µg	14%
Potassium 56 mg	2%



Chicken-Flavoured Instant Noodles

Nutrition Facts	
Per 1 package (85 g)	
Amount	% Daily Value
Calories 371	
Fat 13 g	20%
Saturated 6 g	34%
+ Trans 1 g	
Cholesterol 0 mg	0%
Sodium 1760 mg	73%
Carbohydrate 54 g	18%
Fibre 2 g	8%
Sugars 1 g	
Protein 9 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	24%
Folate 149 µg	68%
Potassium 147 mg	4%

Tips

- Homemade soup is a healthier choice than soup from the store.
- To make canned soup healthier, add some fresh or frozen vegetables.
- Instant noodles are not a healthy choice. They are high in fat because they have been deep-fried!

* © Dietitians of Canada

Facilitator Guide

Soup

Homemade food, like chicken noodle soup, often does not have a Nutrition Facts table. The Nutrition Facts table for homemade chicken noodle soup is based on information from Health Canada's Canadian Nutrient File.

When reading a Nutrition Facts table:

Step 1: Look at the amount of food.

This is also called the *serving size*. Compare it to how much you eat.

Step 2: Take a look at the nutrients that are highlighted on the Nutrition Facts table: fat, sodium and protein.

The % Daily Value (% DV) shows you if a specific amount of food has a little or a lot of a nutrient. *5% DV or less* is a little and *15% DV or more* is a lot.

- There is no % DV for protein. We can still look at the grams of protein in each item.

How many grams of protein are in:

- Homemade chicken noodle soup?
- Canned chicken noodle soup?
- Chicken-flavoured instant noodles?
- Homemade chicken noodle soup is high in protein (19 g). Canned chicken noodle soup is low in protein (3 g).
- What is the % DV of fat and sodium for each soup?
 - Instant noodles are very high in fat (20% DV) and very high in sodium (73% DV).
 - Canned chicken noodle soup is high in sodium (28% DV).
 - Homemade and canned soups are low in fat (4% DV).

Step 3: What type of soup would you choose?

- Homemade chicken noodle soup is a better choice. It is high in protein, low in sodium and provides other great nutrients.

Other teaching points:

- A lot of sodium is added to processed and preserved foods like canned foods, fast foods, cheeses and soup mixes. These foods are the main sources of salt in our diets.
- Eating too many foods high in sodium may contribute to high blood pressure.
- The recommended intake of sodium in an adult's diet is 1500 mg each day. That is less than 5 mL (1 tsp) of salt.
- Try using herbs and spices instead of salt to give your soup more flavour.

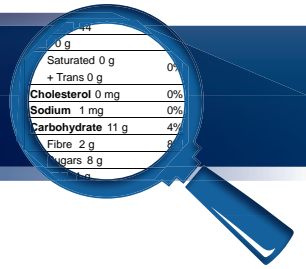


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Nutritional Facts Table Scavenger Hunt: Facilitator Instruction Sheet



Approximate length of play: 30 minutes

Players:

1-20, individually or as part of a group

Items Required:

- 1 Facilitator Instruction Sheet
- 1 Scavenger Hunt sheet
- 1 Answer Sheet
- 1 Set of Nutrition Facts table cards
(7 green, 7 yellow, 4 blue, 4 red, 3 orange)

Objective:

This activity will teach players how to make healthy food choices by practicing reading the Nutrition Facts table.

Set-Up:

- Provide each player or group with:
 - a copy of the Scavenger Hunt sheet
 - pens or pencils
 - copies of the Answer Sheet
(after play, optional)
- Set out Nutrition Facts table cards

How to Play:

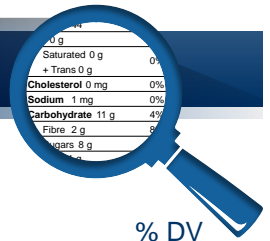
- Players or groups fill in the blanks and answer questions to the best of their ability, using the Nutrition Facts table cards as a reference.
- The facilitator should be present at all times to assist players or groups if needed.
- Every player or group will start at the same time and can begin with any question.
- The game is complete when each player or group has completed each question.
- Once each player or group has finished the Scavenger Hunt, the facilitator reviews the answers using the Answer Sheet
 - Make sure to use the “Facilitator Discussion Points” on the Answer Sheet to give players more information.
- Add up player or group scores.

To Win the Game:

- 1 point is awarded for every correct answer.
- The player or group with the most points wins the game.



Nutritional Facts Table Scavenger Hunt



1. Compare the fat content:

Lard	_____ g	_____ % DV
Garlic sausage	_____ g	_____ % DV
Cheese spread	_____ g	_____ % DV

Do these foods contain a little or a lot of fat (Hint: 5% DV or less is a little and 15% DV or more is a lot)?

2. Compare saturated fat:

Canola oil	_____ g	_____ % DV
Non-hydrogenated margarine	_____ g	_____ % DV
Butter	_____ g	_____ % DV
Lard	_____ g	_____ % DV

Which fat has the lowest saturated fat? Which two fats are the healthier options?

3. Compare the sugar and fibre in the following foods:

Food	Sugar content	Fibre content
Plain quick oats	_____ g	_____ g _____ % DV
Flavoured instant oatmeal	_____ g	_____ g _____ % DV
Oat loops	_____ g	_____ g _____ % DV
Bran flakes with raisins	_____ g	_____ g _____ % DV
Fruit-flavoured loops	_____ g	_____ g _____ % DV

Which two cereals are lowest in sugar? Do these cereals contain 2 g or more of fibre?

4. Find three foods that are high in iron from two different food groups:

(Hint: 5% DV or less is a little, 15% DV or more is a lot)

Food

5. What is the sugar content of:

Fresh fruit salad	_____ g
Fruit cocktail, packed in juice	_____ g
Fruit cocktail, packed in heavy syrup	_____ g

What is the healthiest choice?

Nutritional Facts Table Scavenger Hunt

6. What is the sodium content of:

Frozen corn _____ mg _____ % DV
 Canned corn _____ mg _____ % DV
 Canned tomatoes, without salt _____ mg _____ % DV
 Canned tomatoes, with salt _____ mg _____ % DV

Which are healthier choices and why? How can you make canned vegetables healthier?

7. Find one food from Vegetables and Fruit, Grain Products, and Meat and Alternatives that have more than 2 g of fibre.

Food Group	Food
Vegetables and Fruit	_____
Grain Products	_____
Meat and Alternatives	_____

8. What is the fat and sodium content of:

Food	Fat Content	Sodium Content
Potato chips	_____ g _____ % DV	_____ mg _____ % DV
Instant noodles	_____ g _____ % DV	_____ mg _____ % DV
Whole wheat crackers	_____ g _____ % DV	_____ mg _____ % DV

What is the best choice from these three snack options and why?

9. Find two examples of healthier (lower in fat) Meat and Alternative choices.

(Hint: it doesn't have to be fresh meat: 5% DV or less is a little, 15% DV or more is a lot).

What is the protein and iron of each one?

Food	Fat Content	Protein Content	Iron Content
_____	_____ % DV	_____ g	_____ % DV
_____	_____ % DV	_____ g	_____ % DV
_____	_____ % DV	_____ g	_____ % DV

10. What is the calcium content of:

Food	Fat Content	Calcium Content
Cheddar cheese	18% M.F.	_____ % DV
1% milk	1% M.F.	_____ % DV
Fruit-Flavoured yogurt	1-2% M.F.	_____ % DV

Do these foods have a little or a lot of calcium (Hint: 5% DV or less is a little, 15% DV or more is a lot)?

Nutritional Facts Table Scavenger Hunt

9. Find two examples of healthier (lower in fat) Meat and Alternative choices. (Hint: it doesn't have to be fresh meat: 5% DV or less is a little, 15% DV or more is a lot). What is the protein and iron of each one?

Food	Fat Content	Protein Content	Iron Content
Roast moose	2 % DV	26 g	27 % DV
Canned tuna in water	1 % DV	19 g	8 % DV
Canned baked beans	1 % DV	9 g	16 % DV

Facilitator Discussion Points:

- The regular ground beef has 26% DV total fat. How can you lower the amount of fat in this food? You can lower this by rinsing it with warm water after pan-frying.
- Notice the difference in protein and iron in the above answers.

10. What is the calcium content of:

Food	Fat Content	Calcium Content
Cheddar cheese	18% M.F.	41 % DV
1% milk	1% M.F.	29 % DV
Fruit-Flavoured yogurt	1-2% M.F.	19 % DV

Do these foods have a little or a lot of calcium (Hint: 5% DV or less is a little, 15% DV or more is a lot)? A lot!

Facilitator Discussion Points:

- Skim milk powder is another milk product that is high in calcium. To make 250 mL (1 cup) of milk, mix 60 mL (¼ cup) skim milk powder with water. This will have 27% DV calcium. Skim milk powder is also cheaper than fluid milk and doesn't need to be stored in the fridge.



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Nutritional Facts Table Scavenger Hunt



Answer Sheet

1. Compare the fat content:

Lard	13 g	20 % DV
Garlic sausage	22 g	33 % DV
Cheese spread	11 g	16 % DV

Do these foods contain a little or a lot of fat (Hint: 5% DV or less is a little and 15% DV or more is a lot)? A lot!

Facilitator Discussion Points:

- There is almost 30 mL (2 Tbsp) of fat in the 75 g serving of garlic sausage. This is almost half of the total amount of fat that you need in one day! All these foods are high in saturated fat. Saturated fat is an unhealthy fat.

2. Compare saturated fat:

Canola oil	1 g	7 % DV
Non-hydrogenated margarine	1.6 g	9 % DV
Butter	7.4 g	40 % DV
Lard	5.2 g	27 % DV

Which fat has the lowest saturated fat? Canola oil

Which two fats are the healthier options? Canola oil and non-hydrogenated margarine.

Facilitator Discussion Points:

- Saturated fat is an unhealthy fat. Eating too much food with saturated fat is unhealthy for your heart.
- The amount of total fat is almost the same for each of these foods (12-14 g). It is important to limit all types of fats. Canada's Food Guide recommends aiming for a small amount of unsaturated fat each day (30-45 mL or 2-3 Tbsp of added fat).

3. Compare the sugar and fibre in the following foods:

Food	Sugar content	Fibre content
Plain quick oats	1 g	3 g
Flavoured instant oatmeal	13 g	3 g
Oat loops	1 g	3 g
Bran flakes with raisins	8 g	3 g
Fruit-flavoured loops	14 g	2 g

Which two cereals are lowest in sugar? Plain quick oats, Oat loops

Do these cereals contain 2 g or more of fibre? Yes

Nutritional Facts Table Scavenger Hunt

Facilitator Discussion Points:

- A tip for choosing cereal: less than 8 g of sugar and 2 g of fibre in a 30 g serving.
- Plain quick oats are a low-cost, healthy option. Plain quick oats can be used to thicken stews, make healthier bannock or add fibre to other baked goods.
- Did you know that 4 g of sugar is equal to 1 tsp of sugar?
- So, bran flakes with raisins have 2 tsp of sugar; flavoured instant oatmeal has about 3 tsp of sugar and fruit-flavoured loops have 3.5 tsp of sugar.

4. Find three foods that are high in iron from two different food groups:
(Hint: 5% DV or less is a little, 15% DV or more is a lot)

Food		
		- Oat loops, 40% DV - Bran flakes with raisins, 29% DV - Fruit-flavoured loops, 35% DV - Cream of wheat, 22% DV - Flavoured instant oatmeal, 38% DV
- Roast moose, 27% DV	- Canned baked beans in tomato sauce, 16% DV	

Facilitator Discussion Points:

- Cold cereals are a good source of iron. They are fortified with iron, which means extra iron has been added to the food.
- Your body can use more of the iron in food when you also eat foods high in vitamin C at the same time. For example: put canned tomatoes in your moose stew or berries with your oatmeal.

5. What is the sugar content of:

Fresh fruit salad	8	g
Fruit cocktail, packed in juice	14	g
Fruit cocktail, packed in heavy syrup	23	g

What is the healthiest choice?
Fresh fruit salad

Facilitator Discussion Points:

- Fruit cocktail and other canned fruits can still be a healthy choice. Look for products packed in water or fruit juice instead of light or heavy syrups.
- Drain the fruit cocktail to remove any juice or syrups.

6. What is the sodium content of:

Frozen corn	1	mg	0	% DV
Canned corn	258	mg	11	% DV
Canned tomatoes, without salt	8	mg	0	% DV
Canned tomatoes, with salt	298	mg	12	% DV

Which are healthier choices and why? Frozen corn and canned tomato without salt are the healthier choices because they have less sodium.

How can you make canned vegetables healthier? Buy canned vegetables without added salt. Rinse your canned vegetables that have added salt.

7. Find one food from Vegetables and Fruit, Grain Products, and Meat and Alternatives that have more than 2 g of fibre.

Food Group	Food
Vegetables and Fruit	Fresh, frozen and canned peas; frozen blueberries, french fries
Grain Products	Whole wheat cracker, whole grain bread, plain quick oats, flavoured instant oatmeal, oat loops, bran flakes with raisins
Meat and Alternatives	Canned baked beans in tomato sauce

Facilitator Discussion Points:

- 2 g of fibre per serving is considered a source of fibre. 4 g or more is considered a high source of fibre. Every adult needs 25-30 g of fibre every day.
- Fibre helps keep you feeling fuller longer. It also helps to keep you regular, and to control the amount of fat and sugar in your blood.

8. What is the fat and sodium content of:

Food	Fat Content				Sodium Content			
Potato chips	16	g	24	% DV	226	mg	9	% DV
Instant noodles	13	g	20	% DV	1760	mg	73	% DV
Whole wheat crackers	3	g	5	% DV	45	mg	6	% DV

What is the best choice from these three snack options and why? The whole wheat cracker is the best choice because it the lowest in fat and sodium.

Facilitator Discussion Points:

- The instant noodles are very high in fat as they are deep fried before packaging. Read food labels to find instant noodles that are lower in fat.