



Health
Canada

Santé
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Nutrition information on food labels



Supplemental Unit

What is different at the grocery store?

Before

- only some foods had nutrition labelling
- the nutrition information looked different on different products
- each label had different amounts of information
- optional nutrition claims could be made

After

- most foods have **Nutrition Facts**
- standard format so that it looks the same on all products
- more complete information that is easy to find and read
- claims can also be made about a diet-disease relationship

Nutrition Facts: Easy to find, easy to read and on more foods

Standard Format

Nutrition Facts			
Per 125 mL (87 g)			
Amount		% Daily Value	
Calories 80			
Fat 0.5 g		1 %	
Saturated 0 g + Trans 0 g		0 %	
Cholesterol 0 mg			
Sodium 0 mg		0 %	
Carbohydrate 18 g		6 %	
Fibre 2 g		8 %	
Sugars 2 g			
Protein 3 g			
Vitamin A	2 %	Vitamin C	10 %
Calcium	0 %	Iron	2 %

Horizontal Format

Nutrition Facts		Amount / Teneur		% DV / % VQ *	
Valeur nutritive					
Per 1 bar (40 g)		Fat / Lipides 13 g		20 %	
pour 1 tablette (40 g)		Saturated / saturés 5 g		42 %	
		+ Trans / trans 3.5 g			
Calories 220		Cholesterol / Cholestérol 10 mg			
		Sodium / Sodium 70 mg		3 %	
* DV = Daily Value		Vitamin A / Vitamine A		2 %	
VQ = valeur quotidienne		Calcium / Calcium		6 %	
		Carbohydrate / Glucides 23 g		8 %	
		Fibre / Fibres 0 g		0 %	
		Sugars / Sucres 20 g			
		Protein / Protéines 3 g			
		Vitamin C / Vitamine C		0 %	
		Iron / Fer		4 %	

Linear Format

Nutrition Facts per 1 cup (264 g): **Calories** 260
Fat 13 g (20 %), **Saturated Fat** 3 g + **Trans Fat** 2 g (25 %), **Cholesterol** 30 mg,
Sodium 660 mg (28 %), **Carbohydrate** 31 g (10 %), **Fibre** 0 g (0 %), **Sugars** 5 g,
Protein 5 g, **Vit A** (4 %), **Vit C** (2 %), **Calcium** (15 %), **Iron** (4 %). % = % Daily Value

Are foods with a Nutrition Facts table better?

Many foods are important for healthy eating, including

- Grain Products (breads, cereal, rice, pasta)
- Vegetables and Fruit
- Milk Products (milk, cheese, yogurt)
- Meat and Alternatives (meat, poultry, fish, eggs, legumes)

Some are served in restaurants.

Some are grown in your garden.

Use Nutrition Facts to make informed food choices

Compare similar foods so that you can choose the healthier one

Product 1

Nutrition Facts			
Per 2 slices (62 g)			
Amount		% Daily Value	
Calories 150			
Fat 1.5 g		2 %	
Saturated 0.4 g + Trans 0.2 g		3 %	
Cholesterol 0 mg			
Sodium 290 mg		12 %	
Carbohydrate 27 g		9 %	
Fibre 1 g		4 %	
Sugars 2 g			
Protein 5 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	10 %

Product 2

Nutrition Facts			
Per 2 slices (64 g)			
Amount		% Daily Value	
Calories 140			
Fat 1.5 g		2 %	
Saturated 0.3 g + Trans 0.5 g		4 %	
Cholesterol 0 mg			
Sodium 290 mg		12 %	
Carbohydrate 26 g		9 %	
Fibre 3 g		12 %	
Sugars 2 g			
Protein 5 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	10 %

Use Nutrition Facts to make informed food choices

Compare similar foods to find one that has more iron

Ziti Cut Pasta

Nutrition Facts			
Per 1 cup dry (88 g)			
Amount		% Daily Value	
Calories 310			
Fat 1.5 g		2 %	
Saturated 0.3 g		2 %	
+ Trans 0.1 g			
Cholesterol 0 mg			
Sodium 5 mg		0 %	
Carbohydrate 63 g		20 %	
Fibre 2 g		8 %	
Sugars 0 g			
Protein 11 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	20 %
Thiamin	40%	Riboflavin	6 %
Niacin	20 %	Folate	80%

Penne Rigate

Nutrition Facts				
Per 1 cup dry (88 g)				
Amount		% Daily Value		
Calories 300				
Fat 1.5 g		2 %		
Saturated 0.2 g + Trans 0 g		1 %		
Cholesterol 0 mg				
Sodium 2 mg		0 %		
Carbohydrate 61 g		20 %		
Fibre 2 g		8 %		
Sugars 0 g				
Protein 11 g				
Vitamin A		0 %	Vitamin C	0 %
Calcium		2 %	Iron	0 %

Nutrition Facts are based on a specific amount of food.
Compare this to the amount you eat

Label

1 single serving bottle of orange juice
(350 mL)



At home

1 glass of orange juice



Nutrition Facts are based on a specific amount of food.
Compare this to the amount you eat

Label

1 single serving package of peanuts
(75 g)



At home

2 – 3 handfuls of peanuts



Nutrition Facts are based on a specific amount of food. Compare this to the amount you eat

Label (1 cup dry (88 g))
2 cups of cooked pasta



At home or at a restaurant
Pasta – side dish or main meal?



Use Nutrition Facts to make informed food choices

Compare similar foods to find the one that has less fat and saturated fat

Steak Dinner

Nutrition Facts			
Per 1 tray serving (295 g)			
Amount		% Daily Value	
Calories 460			
Fat 28 g		43 %	
Saturated 9 g + Trans 12 g		105 %	
Cholesterol 30 mg			
Sodium 960 mg		40 %	
Carbohydrate 35 g		11 %	
Fibre 3 g		12 %	
Sugars 27 g			
Protein 16 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	20 %	Iron	20 %

Lasagna with Lean Meat

Nutrition Facts			
Per 1 tray serving (274 g)			
Amount		% Daily Value	
Calories 270			
Fat 7 g		11 %	
Saturated 4 g + Trans 1.5 g		28 %	
Cholesterol 30 mg			
Sodium 520 mg		22 %	
Carbohydrate 29 g		9 %	
Fibre 4 g		16 %	
Sugars 0 g			
Protein 22 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	25 %	Iron	20 %

Use nutrition claims to make informed food choices

"A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer."

Use nutrition claims to make informed food choices

“A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease.
(Naming the food) is low in sodium.”

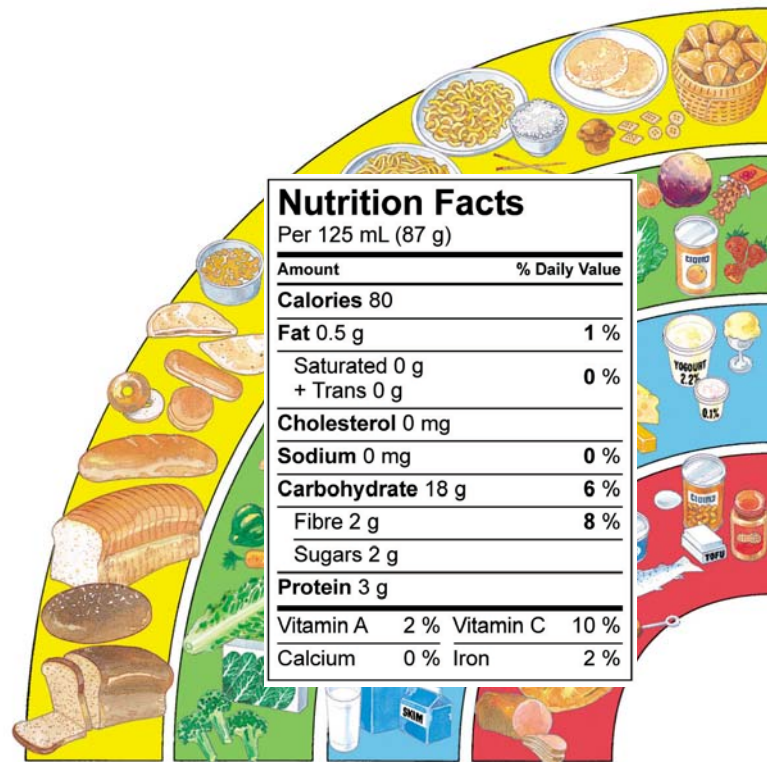
Use nutrition claims to make informed food choices

"A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones and may reduce the risk of osteoporosis. (Naming the food) is a good source of calcium."

Choose a variety of food for healthy eating



A tool to support healthy eating



Helps you choose foods