



Health
Canada

Santé
Canada

Nutrition information on food labels



Activity Unit

Nutrition Facts: *ACTIVITY*

Which yogurt has less fat or more calcium?

Blueberry Yogurt 2.5 % M.F.

Low fat Blueberry Yogurt

Nutrition Facts			
Per container (175 g)			
Amount		% Daily Value	
Calories 170			
Fat 4.5 g		7 %	
Saturated Fat 3.5 g		18 %	
+ Trans Fat 0 g			
Cholesterol 10 mg			
Sodium 85 mg		4 %	
Carbohydrate 27 g		9 %	
Fibre 0 g		0 %	
Sugars 26 g			
Protein 6 g			
Vitamin A	15 %	Vitamin C	0 %
Calcium	20 %	Iron	0 %

Nutrition Facts			
Per container (175 g)			
Amount		% Daily Value	
Calories 130			
Fat 0.5 g		1 %	
Saturated Fat 0.3 g + Trans Fat 0 g		2 %	
Cholesterol 4 mg			
Sodium 125 mg		5 %	
Carbohydrate 26 g		8 %	
Fibre 0 g		0 %	
Sugars 26 g			
Protein 6 g			
Vitamin A	8 %	Vitamin C	4 %
Calcium	25 %	Iron	0 %

Nutrition Facts *ACTIVITY*

Which cookie would be a better choice?

Nutrition Facts			
Per 4 cookies (30 g)			
Amount		% Daily Value	
Calories 130			
Fat 4 g		6 %	
Saturated Fat 1 g + Trans Fat 1 g		10 %	
Cholesterol 0 mg			
Sodium 80 mg		3 %	
Carbohydrate 23 g		7 %	
Fibre 0 g		0 %	
Sugars 6 g			
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	8 %

Nutrition Facts			
Per 2 cookies (30 g)			
Amount		% Daily Value	
Calories 150			
Fat 7 g		11 %	
Saturated Fat 3 g + Trans Fat 1 g		20 %	
Cholesterol 0 mg			
Sodium 80 mg		3 %	
Carbohydrate 21 g		7 %	
Fibre 1 g		4 %	
Sugars 8 g			
Protein 1 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	8 %

Serving Size *ACTIVITY*

Light Tuna 170 g in water
(120 g drained weight)

- You make two tuna sandwiches from this can.
- How many Calories will you get from the tuna in two sandwiches?

Nutrition Facts			
Per 1/2 can (60 g drained)			
Amount		% Daily Value	
Calories 60			
Fat 0.4 g		1 %	
Saturated Fat 0.1 g + Trans Fat 0 g		1 %	
Cholesterol 30 mg			
Sodium 240 mg		10 %	
Carbohydrate 0 g		0 %	
Fibre 0 g		0 %	
Sugars 0 g			
Protein 14 g			
Vitamin A	1 %	Vitamin C	0 %
Calcium	2 %	Iron	10 %

ACTIVITY

Birthday cake for your uncle

Nutrition Facts			
Per 1/12 package (83 g) (about 1/12 cake)			
Amount	Dry Mix	Original Recipe	Lower Fat Recipe
Calories	170	270	190
% Daily Value			
Fat 4.5 g*	7 %	23 %	9 %
Saturated 2 g + Trans 0.5 g	13 %	18 %	13 %
Cholesterol 0 mg			
Sodium 370 mg	15 %	15 %	15 %
Carbohydrate 33 g	11 %	11 %	11 %
Fibre 2 g	8 %	8 %	8 %
Sugars 20 g			
Protein 2 g			
Vitamin A	6 %	6 %	6 %
Vitamin C	0 %	0 %	0 %
Calcium	6 %	6 %	6 %
Iron	15 %	15 %	15 %
* Amount in dry mix			

% Daily Value *ACTIVITY*

Which product is the better source of iron?

Sirloin Burgers

Nutrition Facts			
Per 1 burger (130 g)			
Amount		% Daily Value	
Calories 340			
Fat 27 g		42 %	
Saturated Fat 12 g + Trans Fat 2 g		70 %	
Cholesterol 70 mg			
Sodium 330 mg		14 %	
Carbohydrate 3 g		1 %	
Fibre 0 g		0 %	
Sugars 3 g			
Protein 24 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	30 %

Chicken Burgers

Nutrition Facts			
Per 1 burger (130 g)			
Amount		% Daily Value	
Calories 200			
Fat 9 g		14 %	
Saturated Fat 2 g + Trans Fat 1 g		15 %	
Cholesterol 70 mg			
Sodium 800 mg		33 %	
Carbohydrate 4 g		1 %	
Fibre 0 g		0 %	
Sugars 0 g			
Protein 25 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	2 %

% Daily Value *ACTIVITY*

Compare fat in three different snack foods

Cheese-flavour Popcorn

Nutrition Facts			
Per 4.5 cups (50 g)			
Amount		% Daily Value	
Calories 290			
Fat 20 g		31 %	
Saturated Fat 3.5 g + Trans Fat 5 g		43 %	
Cholesterol 5 mg			
Sodium 470 mg		20 %	
Carbohydrate 25 g		8 %	
Fibre 5 g		20 %	
Sugars 2 g			
Protein 4 g			
Vitamin A	15 %	Vitamin C	0 %
Calcium	4 %	Iron	8 %

Tortilla Chips

Nutrition Facts			
Per 27 chips (50 g)			
Amount		% Daily Value	
Calories 270			
Fat 13 g		20 %	
Saturated Fat 2.5 g + Trans Fat 2 g		23 %	
Cholesterol 0 mg			
Sodium 250 mg		10 %	
Carbohydrate 32 g		11 %	
Fibre 4 g		16 %	
Sugars 5 g			
Protein 4 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	8 %

Pretzels

Nutrition Facts			
Per 16 pretzels (50 g)			
Amount		% Daily Value	
Calories 200			
Fat 2 g		3 %	
Saturated Fat 0.4 g		2 %	
+ Trans Fat 0 g			
Cholesterol 0 mg			
Sodium 870 mg		36 %	
Carbohydrate 41 g		14 %	
Fibre 2 g		8 %	
Sugars 2 g			
Protein 5 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	25 %

Nutrition Facts / List of Ingredients *ACTIVITY*

Frozen Peaches and Cream Corn

Nutrition Facts			
Per 3/4 cup (100 g)			
Amount		% Daily Value	
Calories 80			
Fat 1 g		1 %	
Saturated Fat 0 g			
+ Trans Fat 0 g		0 %	
Cholesterol 0 mg			
Sodium 2 mg		0 %	
Carbohydrate 15 g		5 %	
Fibre 3 g		12 %	
Sugars 7 g			
Protein 3 g			
Vitamin A	1 %	Vitamin C	2 %
Calcium	1 %	Iron	3 %

Ingredients: whole kernel corn

Whole Kernel Corn (canned)

Nutrition Facts			
Per 1/2 cup (125 mL)			
Amount	% Daily Value		
Calories 70			
Fat 0.5 g	1 %		
Saturated Fat 0 g			
+ Trans Fat 0 g			
0 %			
Cholesterol 0 mg			
Sodium 250 mg	10 %		
Carbohydrate 13 g	4 %		
Fibre 2 g			
8 %			
Sugars 6 g			
Protein 2 g			
Vitamin A	1 %	Vitamin C	2 %
Calcium	0 %	Iron	4 %

Ingredients: corn, water, salt for taste

Nutrition Facts / List of Ingredients *ACTIVITY*

Which is lower in fat?

Regular Potato Chips

Nutrition Facts			
Per 36 chips (50 g)			
Amount		% Daily Value	
Calories 270			
Fat 18 g		28 %	
Saturated Fat 6 g + Trans Fat 1 g		35 %	
Cholesterol 0 mg			
Sodium 250 mg		10 %	
Carbohydrate 27 g		9 %	
Fibre 2 g		8 %	
Sugars 2 g			
Protein 4 g			
Vitamin A	0 %	Vitamin C	20 %
Calcium	0 %	Iron	4 %

Low Fat Potato Chips

Nutrition Facts			
Per 20 chips (50 g)			
Amount		% Daily Value	
Calories 200			
Fat 3 g		5 %	
Saturated Fat 0 g + Trans Fat 0 g		0 %	
Cholesterol 0 mg			
Sodium 220 mg		9 %	
Carbohydrate 41 g		14 %	
Fibre 2 g		8 %	
Sugars 0 g			
Protein 4 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	8 %	Iron	8 %

Nutrition Claims *ACTIVITY*

Which one is the better source of fibre?

Product #1

Nutrition Facts			
Per 4 crackers (20 g)			
Amount		% Daily Value	
Calories 90			
Fat 3 g		5 %	
Saturated Fat 0.5 g + Trans Fat 1 g		8 %	
Cholesterol 0 mg			
Sodium 132 mg		6 %	
Carbohydrate 14 g		5 %	
Fibre 2 g		8 %	
Sugars 2 g			
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	4 %

Low in Fat

Cholesterol
Free

A source of
Dietary fibre

Product #2

Nutrition Facts			
Per 7 crackers (20 g)			
Amount		% Daily Value	
Calories 120			
Fat 2.5 g		4 %	
Saturated Fat 0.4 g + Trans Fat 1 g		7 %	
Cholesterol 1 mg			
Sodium 135 mg		6 %	
Carbohydrate 21 g		7 %	
Fibre 3 g		12 %	
Sugars 3 g			
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	6 %

40% less fat
than our
original
crackers

Nutrition Claims *ACTIVITY*

The following two claims were listed on similar products.
What is the difference?

Reduced in fat

Cholesterol free

Healthy Eating *ACTIVITY*

Choose lower fat milk products more often

Partly Skimmed Milk 1% M.F.

Nutrition Facts			
Per 250 mL			
Amount		% Daily Value	
Calories 110			
Fat 2.5 g		4 %	
Saturated Fat 1.5 g		8 %	
+ Trans Fat 0.1 g			
Cholesterol 10 mg			
Sodium 130 mg		5 %	
Carbohydrate 12 g		4 %	
Fibre 0 g		0 %	
Sugars 11 g			
Protein 9 g			
Vitamin A	10 %	Vitamin C	6 %
Calcium	30 %	Iron	0 %
Vitamin D	45 %		

Homogenized Milk 3.25% M.F.

Nutrition Facts			
Per 250 mL			
Amount		% Daily Value	
Calories 160			
Fat 9 g		14 %	
Saturated Fat 5 g + Trans Fat 0.4 g		27 %	
Cholesterol 35 mg			
Sodium 125 mg		5 %	
Carbohydrate 12 g		4 %	
Fibre 0 g		0 %	
Sugars 11 g			
Protein 9 g			
Vitamin A	8 %	Vitamin C	4 %
Calcium	30 %	Iron	0 %
Vitamin D	45 %		

Healthy Eating *ACTIVITY*

Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often

Product #1

Frozen marinated chicken breasts

Nutrition Facts			
Per 1 piece (100 g)			
Amount		% Daily Value	
Calories 90			
Fat 0.5 g		1 %	
Saturated Fat 0.2 g		2 %	
+ Trans Fat 0.1 g			
Cholesterol 40 mg			
Sodium 270 mg		11 %	
Carbohydrate 3 g		1 %	
Fibre 0 g		0 %	
Sugars 2 g			
Protein 18 g			
Vitamin A	2 %	Vitamin C	0 %
Calcium	2 %	Iron	4 %

Product #2

Frozen breaded chicken breast strips

Nutrition Facts			
Per 3 pieces (105 g)			
Amount		% Daily Value	
Calories 220			
Fat 10 g		15 %	
Saturated Fat 1.5 g		13 %	
+ Trans Fat 1 g			
Cholesterol 15 mg			
Sodium 490 mg		20 %	
Carbohydrate 20 g		7 %	
Fibre 3 g		12 %	
Sugars 6 g			
Protein 12 g			
Vitamin A	8 %	Vitamin C	0 %
Calcium	2 %	Iron	10 %