

Three tools you have for making informed food decisions

When you're choosing what food to buy, how can you know what you're getting? In fact, you have three useful tools right on your food package:

First, on the front, you may see a **magnifying glass symbol**. It means that the food is high in saturated fat, sugars, sodium or a combination of these nutrients.



Next, the **nutrition facts table** on the back or side of the package has more details. For example, the per cent daily value shows whether the stated portion contains a little or a lot of a nutrient.

Nutrition Facts

Per 1 cup (250 mL)

Calories 110	% Daily Value*
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Carbohydrate 26 g	
Fibre 0 g	0 %
Sugars 22 g	22 %
Protein 2 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	13 %
Calcium 30 mg	2 %
Iron 0 mg	0 %

*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red.
Contains: Wheat • Egg.

Lastly, the **list of ingredients** tells you what the food is made of. Sugar-based ingredients are grouped together after the word "sugars". This grouping helps you see if sugars were added and what their source is.

These three tools help you understand the nutrient content of your food so you can make informed choices.

Learn more about using labels at canada.ca/nutrition-labelling.

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