



nutrition labelling



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Confused about the “little white box” printed on packaged foods? Wonder what the numbers and percentages mean? We’re here to help.

Reading the fine print on the Nutrition Facts Panel assists in making healthier choices. Improve label literacy with these easy tips.

THE BASICS

The Nutrition Facts panel provides information about calories, 13 core nutrients, serving size, and Daily Values (DV). The DV of a food lets you know how much of a specific nutrient is in one serving. For example, if you’re eating a yogurt with a DV of 15% calcium, you’ll know that the serving size of yogurt contains 15% of your daily recommended calcium intake.

UNDERSTAND NUTRITION FACTS PANEL

Read the serving size! The package and the serving size do not necessarily match. For example, a small bottle of juice can contain up to three servings in one bottle. Multiply or divide the numbers on the panel by the number of servings you are consuming.

Make a note of the DV percentages. Less than 5% is considered low; more than 15% is considered high.

Decide if a food is a healthy choice by asking yourself

- are the values for total fat, saturated and trans fats, and sodium low?
- are the values for dietary fibre, Vitamins A and C, calcium, and iron high?

When shopping for groceries, compare the Nutrition Facts panels for products in serving sizes you would typically consume for one meal or snack. For example, compare one whole bagel to one whole English muffin to determine the better choice. Be sure you are not comparing the nutrition information for half a bagel to that of an entire English muffin.

Read the portion sizes carefully!

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