

Nutrition Information on Food Labels



Understanding
Nutrition Labelling
to Make Informed
Food Choices

Nutrition information provided on food labels

Nutrition Facts

Ingredient List

Nutrition Claims

Health Claims

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	440
Fat / Lipides	19 g 29 %



INGREDIENTS: Whole wheat, wheat bran, sugar/glucose-fructose, salt, malt (corn flour, malted barley), vitamins (thiamine hydrochloride, pyridoxine hydrochloride, folic acid, d-calcium pantothenate), minerals (iron, zinc oxide).

"Good source of vitamin C"

"A healthy diet..."

After

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

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 %

What food products have Nutrition Facts?

Almost all prepackaged foods have Nutrition Facts.

Some exceptions are:

- fresh fruit and vegetables;
- raw meat, poultry, fish and seafood;
- foods prepared or processed at the store:
bakery items, sausage, salads;
- foods that contain very few nutrients:
coffee beans, tea leaves, spices;
- alcoholic beverages.

Use Nutrition Facts...

- to easily compare similar foods
- to look for foods with more or less of a specific nutrient
- to select foods for special diets

...to make informed food choices

The % Daily Value (% DV) is:

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 %

- a benchmark to evaluate the nutrient content of foods.
- based on recommendations for a healthy diet.
- used to determine whether there is a lot or a little of a nutrient.

Use the % DV to make informed food choices

Increase a specific nutrient...

calcium, iron, fibre Decrease a specific nutrient...	$\geq 15\%$ DV	HIGH
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combined saturated and trans fats	$\leq 10\%$ DV	LOW
fat, sodium	$\leq 5\%$ DV	LOW

Use the % DV to make informed food choices

Choose between two similar products...

Cereal 1

Nutrition Facts	
Per 1 1/4 cup (30 g)	
Amount	% Daily Value
Calories 110	
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 240 mg	10 %
Carbohydrate 26 g	0 %
Fibre 1 g	4 %
Sugars 2 g	
Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 30 %

Cereal 2

Nutrition Facts	
Per 3/4 cup (30 g)	
Amount	% Daily Value
Calories 110	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 190 mg	8 %
Carbohydrate 24 g	8 %
Fibre 5 g	20 %
Sugars 3 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %

Use **the ingredient list** to make informed food choices

- all of the ingredients for a food are listed by weight, from the most to the least

Example:

- a source of certain nutrient information
- a source of information for people with allergies

INGREDIENTS: WHOLE GRAIN ROLLED OATS, SUGAR, HIGH MONOUNSATURATED CANOLA OIL, ALMOND PIECES, RAISINS, GOLDEN SYRUP, SALT, CRISP RICE (RICE FLOUR, SOY PROTEIN, SUGAR, MALT, SALT), SOY LECITHIN, NATURAL FLAVOUR

Nutrition claims

When you want to **decrease** the amount of certain nutrients:

Free	<ul style="list-style-type: none">• none or hardly any of this nutrient• an example is “sodium free”
Low	<ul style="list-style-type: none">• a small amount• an example is “low fat”
Reduced	<ul style="list-style-type: none">• at least 25% less of the nutrient compared with a similar product• an example is “reduced in calories”
Light	<ul style="list-style-type: none">• can be used on foods that are reduced in fat or reduced in calories

Use **nutrition claims** to make informed food choices



- regulated statements made when a food meets certain criteria
- optional, and may be found only on some food products

Nutrition claims

When you want to **increase** the amount of certain nutrients:

Source	<ul style="list-style-type: none">• contains a significant amount of the nutrient• an example is “source of fibre”
High or good source	<ul style="list-style-type: none">• contains a high amount of the nutrient• an example is “high in vitamin C”
Very high or excellent source	<ul style="list-style-type: none">• contains a very high amount of the nutrient• an example is “excellent source of calcium”

Health claims

Disease risk reduction claims

Example: “**A healthy diet** low in saturated and trans fats may reduce the risk of heart disease. (Naming the food) is free of saturated and trans fats.”