

## Nutrition Labels

- Nutrition labels contain information on the labels of prepackaged foods.
- Include a nutrition facts table and an ingredients list.
- Gives you information about the nutritional value of a food.
  - You can use this information to make healthier food choices and achieve overall good health.
- Nutrition labeling became mandatory for all prepackaged foods in Canada in December 2007.

Nutrition Facts			
Serving Size 172 g			
Amount Per Serving			
Calories 200		Calories from Fat 8	
		% Daily Value*	
Total Fat 1g		1%	
Saturated Fat 0g		1%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 7mg		0%	
Total Carbohydrate 36g		12%	
Dietary Fiber 11g		45%	
Sugars 6g			
Protein 13g			
Vitamin A	1%	Vitamin C	1%
Calcium	4%	Iron	24%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			

## Nutrition Facts Tables

- Nutrition Facts tables give you information about calories, core nutrients and percent daily value (% DV) of nutrients
  - They also include information about serving size, and how many servings are in the particular packaged food.

## Percent Daily Value

- Daily value is the daily recommended amount of each nutrient based on a 2000 calorie diet.
  - % DV is how much of each nutrient is in a food in regards to your total recommended DV.

-  $\leq 5\%$  DV is considered a little.

-  $\geq 15\%$  DV is considered a lot.

- On Nutrition Facts tables, there is a % DV for: fat, saturated and trans fats (combined), sodium, carbohydrate, fibre, vitamin A, vitamin C, calcium and iron.

- There is no % DV for:

- Protein since most Canadians get enough.

- Sugar since there is no generally accepted sugar target for a healthy population

- % DV for cholesterol is optional.

## Daily Values

RE = retinol equivalents

1 g = 1000 mg

\*The values in this table are for a  
2000 calorie per day diet.

Nutrient	Daily Value	Nutrient	Daily Value
Fat	65 g	Fibre	25 g
Saturated + Trans Fats	20 g	Vitamin A	1000 RE
Cholesterol	300 mg	Vitamin C	60 mg
Sodium	2400 mg	Calcium	1300 mg
Carbohydrate	300 g	Iron	14 mg