



Reading Labels

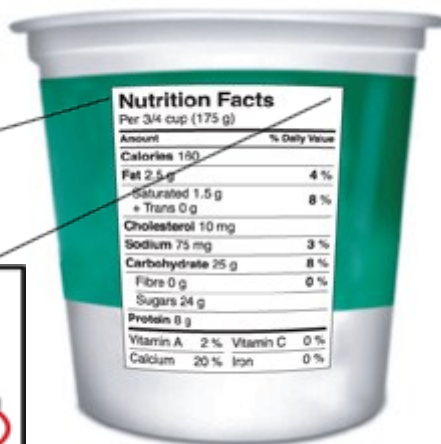
Buy natural, unprocessed foods at the store. If you need to buy a packaged food you can use the Nutrition Facts table to make sure you are making a healthy choice.

Reading the Nutrition Facts table

The Nutrition Facts table gives information about the amount of calories and up to 13 other nutrients in a portion of packaged food.

1. First, look at the serving size. Eating the amount listed will provide the calories and nutrients listed on the table. One serving might not be the same size as a serving from *Eating Well with Canada's Food Guide* or a portion that a child would eat.
2. Next, look at the calories. This is the amount of energy in one serving of the food.
3. Find the % Daily Value (%DV). This tells if there is a little or a lot of a nutrient.
4. Select foods that have less fat, sugar and sodium.
5. Select foods that have more fibre, vitamins A and C, calcium and iron.

Other Useful Information



Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
Calories 160	
Fat 2.5 g	4 %
Saturated 1.5 g	8 %
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 75 mg	3 %
Carbohydrate 25 g	8 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 8 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %

