



UNDERSTANDING FOOD LABELS



LABEL READING 101

<p>Serving Size: always read the serving size and ensure this is the amount you will be eating.</p>	<table border="1"> <thead> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <th colspan="2">Per 3/4 cup (175 g)</th> </tr> <tr> <th>Amount</th> <th>% Daily Value</th> </tr> </thead> <tbody> <tr> <td colspan="2">Calories 160</td> </tr> <tr> <td>Fat 2.5 g</td> <td>4 %</td> </tr> <tr> <td>Saturated 1.5 g + Trans 0 g</td> <td>8 %</td> </tr> <tr> <td>Cholesterol 10 mg</td> <td></td> </tr> <tr> <td>Sodium 75 mg</td> <td>3 %</td> </tr> <tr> <td>Carbohydrate 25 g</td> <td>8 %</td> </tr> <tr> <td>Fibre 0 g</td> <td>0 %</td> </tr> <tr> <td>Sugars 24 g</td> <td></td> </tr> <tr> <td>Protein 8 g</td> <td></td> </tr> <tr> <td>Vitamin A 2 %</td> <td>Vitamin C 0 %</td> </tr> <tr> <td>Calcium 17 %</td> <td>Iron 0 %</td> </tr> </tbody> </table>	Nutrition Facts		Per 3/4 cup (175 g)		Amount	% Daily Value	Calories 160		Fat 2.5 g	4 %	Saturated 1.5 g + Trans 0 g	8 %	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 17 %	Iron 0 %	<p>Saturated Fat: 20 grams per day</p>
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<p>Sodium: 1400 – 2400 mg per day</p>	<p>Trans Fat: 0 grams per day</p>																													
<p>Sugar: 4 grams = 1 teaspoon</p>	<p>Cholesterol: 300 mg per day</p>																													
<p>Protein: refer to your food list for protein portion sizes. Extra lean sources are the best.</p>	<p>Fiber: both men and women should consume a minimum of 35 grams of fiber per day.</p>																													
<p>Carbohydrates: total carbohydrates are comprised of starch, sugar and fiber. There should be less than 2g of sugar for every 5g of carbohydrate.</p>	<p>% Daily Value: a percentage of the amount of a nutrient based on a 2,000 cal/day diet.</p>																													

Identifying Sugars on the Label:

Natural Sugars:

- Honey
- Coconut or palm sugar/sweetener
- Pure maple syrup
- Molasses
- Barley malt syrup
- Brown rice syrup
- Fruit puree/concentrate
- Evaporated cane juice
- Organic cane sugar, brown sugar, raw sugar, turbinado sugar

Artificial/Unnatural Sugars:

Artificial sweeteners like aspartame, sucralose and splenda should be avoided.

- White sugar
- Corn syrup
- High-fructose corn syrup
- Fructose, glucose, sucrose, dextrose
- Maltodextrin, mannitol
- Sorbitol, sorghum, xylitol

LABEL READING 101

Identifying Unhealthy Fats on the Label


- Hydrogenated oils & fats
- Partially hydrogenated oils & fats
- Fractionated palm kernel oil
- Margarine, shortening, lard
- Vegetable oil (commercial yellow oil)
- Commercial canola oil, sunflower/ safflower oil, soybean oil, palm oil

Avoid These Additives at All Costs

- MSG
- Nitrates
- BHT, BHA
- Tartrazine (yellow #5)

General Rules

- The fewer ingredients, the better.
- If you do not recognize more than 2 ingredients or cannot pronounce them - DON'T BUY IT.
- If the words “partially hydrogenated” or “hydrogenated” are in the ingredients list put the food back – these are hidden trans fats.



NOTES:



LABEL CLAIMS

Keyword	What they mean
Free	An amount so small, health experts consider it nutritionally insignificant.
Sodium free	Less than 5 mg sodium*.
Cholesterol free	Less than 2 mg cholesterol, and low in saturated fat (includes a restriction on trans fat)*. Not necessarily low in total fat.
Low	Always associated with a very small amount.
Low fat	3 G or less fat*.
Low in saturated fat	2 G or less of saturated and trans fat combined*.
Reduced	At least 25% less of a nutrient compared with a similar product.
Reduced in Calories	At least 25% less energy than the food to which it is being compared.
Source	Always associated with a significant amount.
Source of fiber	2 Grams or more fiber*.
Good source of calcium	165 Mg or more of calcium*.
Light	When referring to the nutritional characteristic of a product, this can only appear on foods that are either “reduced in fat” or “reduced in energy” (calories) explanation on the label of what makes the food “light”; this is also true if “light” refers to sensory characteristics, such as “light in colour”**.

*Per reference amount and per serving of stated size (specific amount of food listed in “Nutrition Facts”)

**Three exceptions that do not require an explanation are “light maple syrup”, “light rum” and “lightly salted” with respect to fish. Note that a separate provision is made for the claim, “lightly salted”, which may be used when a food contains at least 50% less added sodium compared with a similar product.

NOTES:

LABEL READING QUIZ

1. Why is it important to read a food label?

2. What is the first thing you should look for when reading a food label?

3. Why is the caloric amount per serving important and what does it tell you about the food?

4. What types of fats should you avoid when reading a food label and why?

5. How many grams of fiber should you be eating per day?

6. How many mg of sodium should you be getting per day?

7. What are other words for trans fats in an ingredient list?

9. What are carbohydrates made up of?

10. How many grams of protein is equivalent to a meal size portion?

11. How many calories per gram does fat have?

12. What are the two types of fiber?

LABEL READING QUIZ

Compare and Contrast Food Labels:

Chicken Noodle Soup			
Nutrition Facts			
Serving Size 1/2 cup (120 ml) condensed soup			
Serving Per Container about 2.5			
Amount Per Serving			
Calories	60	Calories from Fat 15	
		%Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0.5g		3%
<i>Trans</i> Fat	0g		
Cholesterol	15mg		
Sodium	890mg		37%
Total Carbohydrate	8g		3%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	3g		
Vitamin A	4%	Calcium	0%
Vitamin C	0%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Campbells Heart Healthy Chicken Soup			
Nutrition Facts			
Amount Per Serving (serving size) = 1 cup			
Calories	120		
		%Daily Value*	
Total Fat	2.5g		
Saturated Fat	1g		
<i>Trans</i> Fat	0g		
Cholesterol	20mg		
Sodium	410mg		
Total Carbohydrate	17g		
Dietary Fiber	2g		
Sugars	3g		
Protein	8g		
Vitamin A	20%	Calcium	2%
Vitamin C	2%	Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			

LABEL READING QUIZ

Compare and Contrast Food Labels:

1. Are the serving sizes equal?

2. What do you have to do to make them equal?

3. What does % Daily Value mean and why is that important?

4. Which soup is higher in sodium and by how much?

5. Which soup is higher in protein and by how much?

6. Which soup is healthier and more nutritious to eat?

7. What would you need to add to make this soup part of a balanced meal?
