

UNDERSTANDING FOOD LABELS

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 40		
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
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Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans</i> Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
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10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

LABEL READING 101

Serving Size:

always read the serving size and ensure this is the amount you will be eating.

Sodium:

1400 – 2400 mg per day

Sugar:

4 grams = 1 teaspoon

Protein: refer to your food list for protein portion sizes. Extra lean sources are the best.

Carbohydrates: total carbohydrates are comprised of starch, sugar and fiber. There should be less than 2g of sugar for every 5g of carbohydrate.

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 17 %	Iron 0 %

Saturated Fat:

20 grams per day

Trans Fat:

0 grams per day

Cholesterol:

300 mg per day

Fiber:

Both men and women should consume a minimum of 35 grams of fiber per day

% Daily Value: a percentage of the amount of a nutrient based on a 2,000 cal/ day diet.

LABEL READING 101

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

LABEL READING 101

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.

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	0 g		
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	0 g		
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.			

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.