



# Nutrition Facts

To Help You Make Informed Food Choices

The “Nutrition Facts” table is easy to find,  
easy to read and on more foods.

Information in the  
Nutrition Facts table  
is based on a specific  
amount of food.  
Compare this to the  
amount you eat.

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
<b>Calories</b> 80	
<b>Fat</b> 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
<b>Carbohydrate</b> 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
<b>Protein</b> 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

Use % Daily Value  
to see if a food has  
a little or a lot of  
a nutrient.

With the nutrition information on food labels  
you will be able to:

- Compare products more easily
- Determine the nutritional value of foods
- Better manage special diets
- Increase or decrease your intake  
of a particular nutrient

# Nutrition Information on Food Labels

***Use Nutrition Facts, the list of ingredients and nutrition claims to help you make informed food choices.***

## ***Nutrition Claims***

The Government sets rules that must be met before a nutrition claim can be made on a label or advertisement.

A claim highlights a nutrition feature of a food. Look for one of these words:

<b>free</b>	<b>reduced</b>	<b>source of</b>
<b>low</b>	<b>lower</b>	<b>high source of</b>
<b>less</b>	<b>very high</b>	<b>good source of</b>
<b>more</b>	<b>light/lite</b>	<b>excellent source of</b>

A claim may also highlight a relationship between diet and disease. For example:

- ▶ A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer.
- ▶ A healthy diet low in saturated and trans fats may reduce the risk of heart disease.

## ***Ingredient List***

- ▶ Ingredients in the food are listed by weight from most to least.
- ▶ The ingredient list is a source of information for people with allergies or for people who avoid certain ingredients based on their beliefs.

**Follow Canada's Food Guide to Healthy Eating and use Nutrition Facts to help you make healthy food choices.**

**Enjoy eating well, being active and feeling good about yourself.**

***To get more complete information about the nutrient value of a food, look at the Nutrition Facts table.***