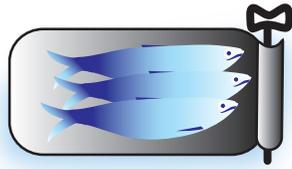


# Eating Well = 5 = At Low Cost

## THE NUTRIENT FACTS TABLE



### INFORMATIONS

#### PORTION SIZE

Each product is analyzed according to a standard portion.

**Tip:** if you consume 2 portions, you will need to double the amount of nutrients in the table.

#### THE % DAILY VALUE (% DV)

This indicates the percentage that each nutrient provides in a serving of food in comparison to an average intake of 2000 calories per day.

#### CALORIES

The amount of energy contained in food.



#### TOTAL FAT

The amount of fat contained in food.

**Favour** products that contain the least saturated fat.

Avoid **trans fat** completely.

#### SODIUM

The amount of salt contained in food.

The amount can be rather high in processed foods.

**Favour** those with less than 5 % DV.



#### TOTAL CARBOHYDRATES

The amount of fibre, sugar and starch (often missing from the table) contained in food.

**Favour** foods rich in fibre.

**Sugars** consist of both added sugars and sugars naturally found in food. In order to differentiate the two, read the list of ingredients. Limit the consumption of products containing added sugars.

#### PROTEIN

When choosing a snack, consider the protein content (cheese, yogurt, granola bar, etc.).

#### VITAMINES AND MINERALS

While they are rarely the determinants in the choice of a product, it is advantageous to consider them in the case of a nutrient deficiency or insufficient intake.

### What is the Nutrition Facts Table?

The Nutrition Facts table contains information on the nutrient content of prepackaged foods.

### How to use it?

The steps below can guide you to better understand and use the Nutrition Facts table. It is important to consider both the Nutrition Facts table as well as the ingredients list in order to make more informed choices.

Nutrition Facts Valeur nutritive	
Per 1 square (35g)	
Amount / Teneur	150
Calories / Calories	8%
% Daily Value / % valeur quotidienne	
Fat / Lipides 5g	3%
Saturated / saturés 0.5g	
Trans / trans 0g	0%
Cholesterol / Cholestérol 0mg	0%
Sodium / Sodium 125mg	8%
Carbohydrate / Glucides 24g	12%
Fibre / Fibres 5g	
Sugars / Sucres 9g	
Protein / Protéines 2g	0%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%

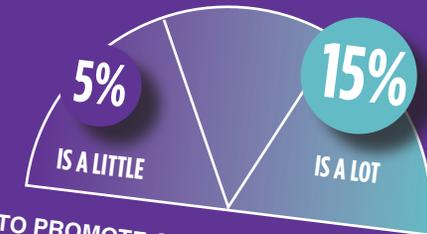
**zoom**  
ON NUTRITION FACTS

The Percent Daily Value (% DV) allows you to quickly determine if a specific portion of a food contains a **LITTLE** or a **LOT** of a nutrient.

In general, 5 % is little and 15 % is a lot.

The % DV can also be used to **COMPARE** two similar foods. To make the best choice between two products, compare the %DV of some of their nutrients (see example with crackers on verso).

More on the  
% Daily Value



TO PROMOTE GOOD HEALTH, AIM FOR...

... A LOT OF:

Fibres

Calcium

Iron

... LESS OF:

Saturated and trans fats

Sodium

Sugar



AVENIR D'ENFANTS  
DES COMMUNAUTÉS ENGAGÉES



The Dispensary is supported by Centraide and is a member of the Fondation OLO.

Nutrition Facts		Valeur nutritive	
Serving Size 1/3 cup (30 g) Portion 1/3 tasse (30 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories 110</b>			
<b>Fat / Lipides 2 g</b>			
Saturated / saturés	0.5 g	1%	
+ Trans / trans	0 g		
<b>Cholesterol / Cholestérol</b>	<b>0 mg</b>	<b>0%</b>	
<b>Sodium / Sodium</b>	<b>3 mg</b>	<b>0%</b>	
<b>Carbohydrate / Glucides</b>	<b>20 g</b>	<b>7%</b>	
Fibre / Fibres	2 g		
Sugars / Sucres	0 g		
<b>Protein / Protéines</b>	<b>5 g</b>		
Vitamin A / Vitamine A		0%	
Vitamin C / Vitamine C		0%	
Calcium / Calcium		2%	
Iron / Fer			

## Liste of ingredients **A**

The list of ingredients contains all ingredients that make the composition of the product. They are listed in order of weight in the product, starting with the ingredient that weighs the most

A shorter list of ingredients with names that are easy to pronounce generally indicates that the product is a better choice.

**INGREDIENTS :** ROLLED OATS, WHOLE WHEAT FLOUR, SUGAR, CANOLA OIL, TAPIOCA SYRUP, GLYCERIN, CHICORY ROOT EXTRACT (INULIN FIBRE), MOLASSES, RAISIN JUICE CONCENTRATE, PALM AND PALM KERNEL OILS, SODIUM BICARBONATE, SALT, MO...  
**A** MILK INGREDIENTS, CINNAMON, NATURAL FLAVOR, MALTODEXTRIN, EGG WHITE POWDER, SOY LECITHIN, ROSEMARY EXTRACT, CITRIC ACID

## Trans Fat **B**

If the amount of TRANS FATS per serving is small enough, the manufacturer may round it to 0 g per serving. This amount can however accumulate if many servings are consumed. If the list of ingredients contains partially hydrogenated fats or oils, shortening, palm oil or modified palm kernel, you could be consuming trans fats without realizing it.

Nutrition Facts		Valeur nutritive	
Per 1 square (35g)			
Amount / Teneur		% Daily Value / % valeur quotidienne	
<b>Calories / Calories 150</b>			
<b>Fat / Lipides 5g</b>			
Saturated / saturés	0.5g	1%	
+ Trans / trans	0g		
<b>Cholesterol / Cholestérol</b>	<b>0mg</b>		
<b>Sodium / Sodium</b>	<b>125mg</b>	<b>5%</b>	
<b>Carbohydrate / Glucides</b>	<b>24g</b>	<b>8%</b>	
Fibre / Fibres	3g		
Sugars / Sucres	9g		
<b>Protein / Protéines</b>	<b>2g</b>		
Vitamin A / Vitamine A		0%	
Vitamin C / Vitamine C		0%	
Calcium / Calcium		0%	
Iron / Fer		0%	

## Sugar **C**

The list of ingredients sheds light on the source of SUGAR in a food. Added sugars are documented in the list of ingredients, either in their usual form (sugar, honey, brown sugar, molasses, syrup, cane juice, etc.) or followed by the suffix "ose" (sucrose, glucose, lactose, fructose, maltose, galactose). The more present sugar is at the beginning of the list, the sweeter the product!

For example, an oatmeal square contains 4 different types of sugars : sugar, tapioca syrup, molasses and raisin juice concentrate.

## Tip **PRACTICAL**

Fresh and non-processed foods are often free of nutrient labels (for example: fruits and vegetables).

Opt for these items as often as possible to make more balanced choices!



## CHANGES TO COME...

Changes to the format of the Nutrition Facts table and the ingredients list are expected in the coming years. New forms of labels could soon make an appearance on the shelves, and will be mandatory as of 2022.

Here are some notable changes:

### SUGAR

The % DV of sugar will be available. The different types of sugars will also be grouped together in the list of ingredients, which will make it easier for consumers to spot added sugars in a product.

### VITAMINS AND MINERALS

Vitamins A and C will be removed from the table and potassium will be added. Potassium is important for maintaining good blood pressure, and its intake is often insufficient in the Canadian population.

### TRANS FAT

Trans fats will be banned as of September 15, 2018, for they are harmful to cardiovascular health.

## The Crackers Example

Nutrition Facts		Per 9 crackers (23 g)	
Amount		% Daily Value	
<b>Calories 90</b>			
<b>Fat 4.5 g</b>			
Saturated	2.5 g	5%	
+ Trans	0 g		
<b>Cholesterol</b>	<b>0 mg</b>		
<b>Sodium</b>	<b>275 mg</b>	<b>12%</b>	
<b>Carbohydrate</b>	<b>12 g</b>	<b>4%</b>	
Fibre	1 g		
Sugars	0 g		
<b>Protein</b>	<b>3 g</b>		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	8%

Nutrition Facts		Per 4 crackers (20 g)	
Amount		% Daily Value	
<b>Calories 85</b>			
<b>Fat 2 g</b>			
Saturated	0.3 g	1%	
+ Trans	0 g		
<b>Cholesterol</b>	<b>0 mg</b>		
<b>Sodium</b>	<b>90 mg</b>	<b>4%</b>	
<b>Carbohydrate</b>	<b>15 g</b>	<b>5%</b>	
Fibre	3 g		
Sugars	1 g		
<b>Protein</b>	<b>2 g</b>		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	7%

**Cracker B is a better choice because it contains...**

### LESS :

- Saturated & trans fats
- Sodium

### MORE :

- Fibre

