

Label Reading

Why Read a Nutrition Label?

- Helps you to make better food choices
- Helps you to choose foods with less or more of some nutrients
- Helps you compare foods



Reading a Nutrition Label

1. Serving Size

- This is the amount most people eat of the food. The rest of the label is based on this amount. Always compare the serving size to how much you actually eat

2. Calories

- Calories tell us how much energy you get from one serving of that food

3. Choose foods with LESS:

- Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium (salt)
- Sugar

- Look for low % Daily Values for these nutrients as too much can increase your risk for heart disease and diabetes

Nutrition Facts	
Serving Size 1 cup 244g (244 g)	
Amount Per Serving	
Calories 168	Calories from Fat 89
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 7g	33%
Trans Fat	
Cholesterol 27mg	9%
Sodium 122mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	
Vitamin A 10%	Vitamin C 5%
Calcium 33%	Iron 1%

Percent Daily Value (% Daily Value)

- Puts nutrients on a scale from 0% to 100%. This tells you if there is a little or a lot of that nutrient in the food

4. Choose foods with MORE:

- Fibre
- Vitamin A and C
- Calcium and iron

- Look for high % Daily Values of these nutrients.



Label Reading

What to Look for on a Nutrition Label

1. Fat

- Eating too much fat, saturated fat and trans fat can increase your risk for heart disease and obesity
- Saturated and trans fat can cause fat to build up in the blood vessels
- Choose foods with:
 - 10 g or less of total fat (15% Daily Value)
 - 2 g or less of saturated fat
 - 0 g or minimal trans fat

2. Sodium

- Sodium is another word for salt
- Sodium helps to balance the fluids in our body
- Too much salt can be harmful and may cause high blood pressure
- Choose foods with:
 - 300 mg or less of sodium (10% Daily Value)

3. Fibre

- Fibre helps us to stay full longer, which can help you lose weight
- Fibre helps to control blood sugars and lower cholesterol levels
- Keeps us regular
- Choose foods with:
 - 2 g or more of fibre (8% Daily Value)

4. Sugar

- Too much sugar can cause weight gain and dental cavities
- Being overweight increases your risk for heart disease and diabetes
- Choose foods with:
 - 12 g or less of sugar

5. Vitamins

- Vitamin A is important for vision and skin health
- Vitamin C helps your body fight infections

5. Minerals

- Calcium is important for keeping your bones and teeth healthy
- Iron helps your red blood cells carry oxygen throughout your body

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If you have diabetes, look at how much carbohydrate is in your foods. Try to pick foods with a lower amount of this nutrient as eating too much can cause blood sugars to go too high.



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