

reading food labels



Nutrition Facts	
Valeur nutritive	
Per 1 Cup (250mL) / pour 1 tasse (250 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat/Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 10 mg	0 %
Potassium / Potassium 250 mg	7 %
Carbohydrates /Glucides 19 g	6 %
Fibre / Fibres less than 1g	3 %
Sugars / Sucres 16 g	
Protein / Protéines less than 1g	
Vitamin A/Vitamine A	0 %
Vitamin C/Vitamine C	100 %
Calcium/Calcium	0 %
Iron/Fer	2 %

1

1 serving size

The Nutrition Facts information is based on **one serving** (decided by the food manufacturer), but most packages will contain more than that.

2

2 carbohydrates

The total amount of carbohydrates will come from **sugar, fibre & starch** – starch is often not included on the label.

3

3 fibre

Our bodies are not able to digest and break down fibre into sugar. When you are trying to find out how many carbohydrates (in grams) will affect your blood sugar, you can **subtract the fibre from the carbohydrates on the label**. What are left will be the carbohydrates coming from the sugars & the starches in that food.

4

4 sugar alcohols (i.e. sorbitol, maltitol, or xylitol)

Sugar alcohols are often found in products labeled “sugar-free” or “no sugar added” or “diabetic”. Our bodies do not break them down very well into sugar. Just like fibre, if you see Sugar Alcohols on a label, you can **subtract this number from the carbohydrates**.

keep it simple

❖ % Daily Value

This is based on an adult male who needs 2000 calories per day. Your needs may be lower or higher than that. Use it to compare two products, or to see if something has a **little (5%)** or a **lot (15%)** of a nutrient.



❖ claim confusion

Fat-free doesn't mean calorie-free, or sugar-free. It can be easy to get confused with all of the nutrition claims on foods. Choosing foods with **LESS sugar, LESS fat, or MORE fibre** is always a good idea.

❖ ingredients matter

The Nutrition Facts label is helpful especially if you are counting your carbohydrates, but checking the ingredients list tells you the whole story – if you are curious for allergies or intolerances, or want to know the specific sweetener used in a product.