

# Guide to Decoding Labels



Nutrition labels and tables can be confusing and misleading, so we have provided you with some simple decoding tips to make choosing the right foods easy.

## Nutrition Facts

Per (X cup or X mL or X grams) – this is the reference serving size or the amount of the food that all of the other nutrition information is based on. If you eat the serving size shown you will get the amount of calories and nutrients listed on the label. Keep in mind that if you eat more than the serving size shown on the Nutrition Facts Table you need to MULTIPLY all of the other numbers upward. Larger servings mean more calories, sugar, fat and salt.

## Calories

the number of calories found in the reference serving size listed.

## % Daily Value

ranks the amount of a nutrient in a food on a scale from 0% to 100%. This scale tells you if there is a little or a lot of a nutrient in one serving of a packaged food. It is important to recognize that some nutrients, such as sugar, do not have DV assignment because there is no recognized guideline for how much (if any) is needed for health.

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 440	
<b>Fat / Lipides</b> 19 g	<b>29 %</b>
Saturated / Saturés 4 g	<b>21 %</b>
+ Trans / Trans 0.2 g	
<b>Cholesterol / Cholestérol</b> 35 mg	
<b>Sodium / Sodium</b> 860 mg	<b>36 %</b>
<b>Carbohydrate / Glucides</b> 53 g	<b>18 %</b>
Fibre / Fibres 4 g	<b>16 %</b>
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

## Fat

Total fat – look for products with 3 g or less in packaged products.

Saturates – choose products with 2 g or less of saturated and trans fat.

Cholesterol – look for products with 100 mg or less per serving or a maximum of 33% of daily value.

Sodium – choose products with less than 200 mg per serving or 8% of daily value.

Fibre – look for products with at least 2 g per serving or 8% of daily value. Aim for 25 g per day.

Sugars – choose products with less than 12 g per serving.

## Ingredients list

Ingredients are listed in descending order by their weight. The more of an ingredient there is in a food, the higher up it is on the list. Try to limit foods where sugars, enriched flour, and unhealthy fats appear high up on the list.

## Don't Be Fooled:

Cholesterol free - means that a food contains less than 2 mg of cholesterol and is low in saturated fat and trans fat. But this doesn't mean the food is fat-free. Check the label for monounsaturated and polyunsaturated fats – which are good fats but high in calories so they should be consumed in moderation.

Fat-free –the product contains less than 0.5 grams of fat per serving. Beware. The food may still be high in sugar and calories.

Look for: products high in fibre, vitamin A, vitamin C, iron, and calcium.

Stay away from: products high in saturated fat, trans fat, sodium, and sugar (including glucose, sucrose, corn syrup or high-fructose corn syrup) which are high in calories.