

Reading the Nutrition Facts Table

Serving Size is important to use when comparing foods. **Quantities given in the Nutrition Facts table are for ONE serving.**

This is not necessarily the same as portion size, or how much you eat. If the serving size is 1 cup, and you eat 2 cups, you are getting 2X the number of calories, fat and other nutrients on the label.

13 Core Nutrients must be listed on the table including: Fat, Saturated Fat, Trans Fat and Cholesterol, Sodium, Carbohydrate, Fibre, Sugars and Protein, Vitamin A, Vitamin C, Calcium and Iron. All other nutrients listed are optional.

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Calories measure the energy content in food. Calories do not determine nutrition.

Use % Daily Value (%DV) to compare food products and make informed food choices.

Daily Value levels are based on the reference standards for fat, saturated and trans fats, cholesterol, carbohydrate, fibre, potassium and sodium as recommended by Health Canada. See chart on left side for DV amounts used to calculate % Daily Value.

For Vitamins and Minerals, the %DV is based on the Recommended Daily Intake.

Use %DV to choose healthier foods.

%DV shows you if the food has a *little* or a *lot* of the nutrient.

LOW NUTRIENT (5% or less) is the goal for Saturated Fat, Trans Fats, Cholesterol, Sodium and Sugars.

HIGH NUTRIENT (15% or more) is the goal for Fibre, Vitamins and Minerals

Daily Value amounts used to calculate the % Daily Value

Nutrient	Daily Value (DV)
Fat	65g
Saturated & Trans	20g
Cholesterol	300mg
Sodium	2400mg
Carbohydrate	300g
Fibre	25g
Sugars	100g*
Protein	No DV**
Vitamin A	1000 RE
Vitamin C	60mg
Calcium	1100mg
Iron	14mg

**New DV for [Sugar](#)

**No DV for protein as most people who eat a mixed diet get enough protein.

Nutrition Facts can help you compare foods and make healthier food choices.