

NUTRITION LABELS

Information you need to make informed choices



Nutrition labels help you select the healthiest packaged foods.

Nutrition labels have been updated to make them easier to use.

3

Sources of Information

1 NUTRITION FACTS

Provides information on serving size, calories, 13 key nutrients and % daily values.

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	0 %
+ Trans / trans 0 g	
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

SERVING SIZE

All the information in the Nutrition Facts table is based on the amount of food specified.

Serving sizes are similar for similar foods to make them easier to compare.

Compare the serving size with the amount you usually eat so that you can adjust the information on the Nutrition Facts table.



Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

	% Daily Value*
	% valeur quotidienne*
Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
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% DAILY VALUE

Use the % Daily Value to compare foods.

It shows you if the food has a little or a lot of a specific nutrient.

This is a lot

5 % or less, is a little
15% or more, is a lot

2 INGREDIENT LIST

Ingredients are listed by weight, starting with the ingredient that weighs the most and ending with the ingredient that weighs the least.

The different types of sugar are grouped to show the kinds of sugars used and how much sugar was added compared to other ingredients.

Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red
Contains: Wheat • Egg

Common allergens and gluten sources are included in the ingredient list or in a "Contains" statement located immediately after the ingredient list.

3 NUTRITION CLAIMS

Nutrition claims include **Nutrient Content claims** and **Health claims**. **Not all eligible food items will have a nutrition claim on their label.**

Nutrient Content claims, describe the amount of a nutrient in a food.

- Claims like **"free," "low"** or **"reduced"** show that a food may have **less** of a certain component, like Calories, fat, saturated fat or sodium.
- Claims like **"good source"** and **"high"** show that a food has an **important amount** of fibre, vitamins or minerals.

Health claims, show the benefit of a food or nutrient on our health, for example, **"oat fiber helps lower cholesterol"**.