

UNDERSTAND THE "NUTRITION FACTS" LABEL

Nutrition Nibbles

Nutrition Facts Valeur nutritive

Serving Size 1 cup (200g)
Portion 1 tasse (200g)

Amount Per Serving Quantité par portion	% Daily Value % Valeur quotidienne
Calories/Calories 260	
Fat/Lipides 13 g	20%
Saturated / saturés 3 g + Trans / 2 g	25%
Cholesterol/Cholestérol 30 mg	10%
Sodium / Sodium	28%
Carbohydrate / Glucides 31 g	10%
Fibre / Fibres 0 g	0%
Sugars / Sucres 5 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	4%
Vitamin C / Vitamine C	2%
Calcium / Calcium	15%
Iron / Fer	4 %

Look at the Calories!

This identifies the energy in the amount of food described in the "Serving Size"

Look at the nutrients and choose foods with less:

- Fat
- Sodium
- Cholesterol

Look for foods higher in:

- Fibre
- Iron
- Vitamin A
- Vitamin C
- Calcium

Research shows that many people don't consume enough of these

Look at the Serving Size!

If you consume the amount of food shown in the Serving Size of the Nutrition Facts Table it will contain calories and nutrients as listed below. Always compare the Serving Size on the label to the amount you plan to eat... you may need to do some math!

Look at the Percent Daily Value

This number tells you if there is a little or a lot of a nutrient in one serving of a packaged food