

KNOW THE LABEL

7014 – FOOD LABELS

Use the food label to make informed choices, quickly and conveniently. Nutrition labels offer valuable information when making decisions about the food that we choose to purchase and eat. They allow consumers to make healthy food choices by comparing ingredients and nutrition details and choosing products that suit their preferences and dietary needs.

Nutrition Facts	
Per 1 Brownie (60 g)	
Calories 270	
Fat 15 g	
Saturated 6 g	
+ Trans 0.2 g	
Carbohydrate 31 g	
Fibre 1 g	4 %
Sugars 21 g	21 %
Protein 5 g	
Cholesterol 40 mg	
Sodium 230 mg	10 %
Potassium 125 mg	3 %
Calcium 40 mg	3 %
Iron 1 mg	6 %
* 5% or less is a little, 15% or more is a lot	

Ingredients: Sugars (brown sugar, sugar), Peanut butter, Wheat flour, Butter, Eggs, Baking powder, Salt.

- **Ingredients** are listed in order of weight. The food contains more of the ingredients at the beginning of the list than the end.

- **Serving** is not the suggested serving size for consumption, but rather a unit of measure used to compare the item to other products.

- **Calories** in one serving. Be aware of how many calories you require each day to maintain a healthy weight.

- **% Daily Value (DV)** indicates if a serving has a lot or a little of a particular nutrient. It's not meant to track intake, but is a reference point to compare nutrient content in products. It's based on the Recommended Daily Intake for an average adult.

- **% DV for total sugars** is based on a reference point of 100 grams, where sugar consumption is mostly coming from fruits, vegetables, and milk. This is NOT a recommended daily intake.

- **No % DV needed for Protein, Cholesterol, and Carbs.**
Protein: Canadians consume adequate protein when following a mixed diet.

- **Cholesterol:** Not an essential nutrient. Your body can make what it needs. Eat as little dietary cholesterol as possible and cut out saturated fats as recommended.

- **Carbohydrate:** % DV is captured in the two main components of fibre and sugars (starch, sugar).

- **% DV rule of thumb:** 5% DV or less is a little, and 15% DV or more is a lot. Look for higher values for beneficial nutrients like fibre, and lower values for nutrients like sodium and sugars.

IDEAL RECOMMENDATIONS:

Fibre: Look for more than 3 g per serving. Foods providing more than 6 g are very high sources of fibre.

Fat: Saturated fat should be less than 5 g; trans fat should be nothing but 0g. A better choice of fats is unsaturated. Unsaturated fat is sometimes missing on the label. To find out how much unsaturated fat you're eating, perform this simple equation: TOTAL FAT – SATURATED FAT = UNSATURATED FAT.

Sugar: Products with less than 8g of sugar per serving are considered better products.

Sodium/Potassium: If the amount of potassium is higher than the amount of sodium (per serving), it is a favorable product. Rule of thumb – the less sodium the better. Sodium should be less than 150 mg on the label for a lower sodium diet!

Sources: <https://www.canada.ca/en/services/health/food-labels.html>