



Nutritional Facts Table - Module 2

Food labels are very informative - they help you determine what calories, vitamins, minerals, types of fat, sugar, and the amount of salt that is in the food you eat. You can learn more about nutrition labels at Health Canada's website at:

- <http://www.hc-sc.gc.ca:80/fn-an/label-etiquet/nutrition/cons/interactive-eng.php>

Nutrition Facts

Serving Size - not usually the whole package →

Actual quantity is given in weights - grams or milligrams (1/100 of a gram) →

Per 125 ml (87 g) Amount 2 cookies			
Calories	80	% Daily Value	
Fat	0.5 g	1%	
Saturated	0g	0%	
Trans	0.3g		
Cholesterol	0 mg		
Sodium	0 mg	0%	
Carbohydrate	18 g	6%	
Fibre	2g	8%	
Sugars	4g		
Protein	4g		
Vitamin A	2%	Vitamin C	5%
Calcium	3%	Iron	4%

Look closely at the reference serving size- the calories stated is not the whole package ←

The % Daily Value tells you how much of a nutrient is in the reference amount of food. *
* see website below ←

Are you eating empty calories ? ←

- Food labels now require 13 Core nutrients to be identified
- Amounts are listed based on the % Daily Value
- There are no % Daily Value for cholesterol, sugars, or protein
- May include nutrient content claims and/or health related claims
- Known allergens, such as peanuts are disclosed
- May refer to Organic Certification or genetically modified organisms (GMO's)
- Any Irradiation of food would be sited
- "Best before" dates should be visible
- Premixed food - like bakery and deli goods - that are mixed and packaged on-site at retail establishments are exempt from these labeling disclosure rules - you can ask if you have concerns or food allergies.
- If you cannot find a Nutrient Facts table, you should be able to find the manufacturer's mailing address or an 1-800 toll-free number to call



Nutritional Facts Table Worksheet - Module 2

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 cup (249g)		Total Fat 12g	18%	Sodium 940mg	39%
Servings About 2		Sat. Fat 6g	30%	Total Carb. 24g	8%
Calories 250		Polyunsat. Fat 1.5g		Dietary Fiber 1g	4%
Fat Cal. 110		Monounsat. Fat 2.5g		Sugars 1g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholest. 60mg	20%	Protein 10g	20%
		Vitamin A 0%		Vitamin C 0%	
				Calcium 6%	
				Iron 8%	

Find out about Nutritional Facts

1. Read the nutrition label on a package from a few lunch items, or from the next page.
2. Take note of the portion size.
3. Find out how many calories, transfat, saturated fat, and sugar are in one portion.
4. Fill in the numbers in the blanks below and have your group discuss how many portions would be included in a healthy diet.
5. Does the label tell you where the food comes from? How far away did it travel? Do you know?

Lunch Item _____

Per 125 mil (87 g) Amount _____		
Calories	80	% Dailey Value
Fat	_____g	____%
Saturated	_____g	____%
Trans	_____g	____%
Cholesterol	_____mg	____%
Sodium	_____mg	____%
Carbohydrate	_____g	____%
Fibre	_____g	____%
Sugars	_____g	____%
Protein	_____g	
Vitamin A	____%	Vitamin C _____%
Calcium	____%	Iron _____%

Lunch Item _____

Per 125 mil (87 g) Amount _____		
Calories	80	% Dailey Value
Fat	_____g	____%
Saturated	_____g	____%
Trans	_____g	____%
Cholesterol	_____mg	____%
Sodium	_____mg	____%
Carbohydrate	_____g	____%
Fibre	_____g	____%
Sugars	_____g	____%
Protein	_____g	
Vitamin A	____%	Vitamin C _____%
Calcium	____%	Iron _____%

Lunch Item _____

Per 125 mil (87 g) Amount _____		
Calories	80	% Dailey Value
Fat	_____g	____%
Saturated	_____g	____%
Trans	_____g	____%
Cholesterol	_____mg	____%
Sodium	_____mg	____%
Carbohydrate	_____g	____%
Fibre	_____g	____%
Sugars	_____g	____%
Protein	_____g	
Vitamin A	____%	Vitamin C _____%
Calcium	____%	Iron _____%

Lunch Item _____

Per 125 mil (87 g) Amount _____		
Calories	80	% Dailey Value
Fat	_____g	____%
Saturated	_____g	____%
Trans	_____g	____%
Cholesterol	_____mg	____%
Sodium	_____mg	____%
Carbohydrate	_____g	____%
Fibre	_____g	____%
Sugars	_____g	____%
Protein	_____g	
Vitamin A	____%	Vitamin C _____%
Calcium	____%	Iron _____%

