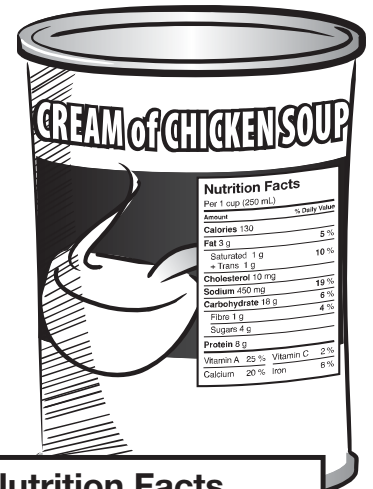


# Figure out the facts

## What does the Nutrition Facts table tell you about this packaged food?

1. What is the serving size? \_\_\_\_\_
2. How many Calories are in one serving? \_\_\_\_\_
3. How many grams of fat are in one serving? \_\_\_\_\_
4. Circle one nutrient on the Nutrition Facts table that is important to you. Circle the % Daily Value for this nutrient.
5. Decide if you want to get *less* or *more* of the nutrient you have circled:
  - Get less of this nutrient**  
(Hint: Choose packaged foods with a *low* % Daily Value.)
  - Get more of this nutrient**  
(Hint: Choose packaged foods with a *high* % Daily Value.)
6. Is this food a good choice for you?
  - Yes - Why? \_\_\_\_\_
  - No - Why? \_\_\_\_\_



Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
<b>Calories 130</b>	
<b>Fat 3 g</b>	<b>5 %</b>
Saturated 1 g + Trans 1 g	<b>10 %</b>
<b>Cholesterol 10 mg</b>	<b>19 %</b>
<b>Sodium 450 mg</b>	<b>6 %</b>
<b>Carbohydrate 18 g</b>	<b>4 %</b>
Fibre 1 g Sugars 4 g	
<b>Protein 8 g</b>	
Vitamin A 25 %	Vitamin C 2 %
Calcium 20 %	Iron 6 %



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# Figure out the facts

## What does the Nutrition Facts table tell you about this packaged food?



1. What is the serving size? \_\_\_\_\_
2. How many Calories are in one serving? \_\_\_\_\_
3. How many grams of fat are in one serving? \_\_\_\_\_
4. Circle one nutrient on the Nutrition Facts table that is important to you. Circle the % Daily Value for this nutrient.
5. Decide if you want to get *less* or *more* of the nutrient you have circled:
  - Get less** of this nutrient  
(Hint: Choose packaged foods with a *low* % Daily Value.)
  - Get more** of this nutrient  
(Hint: Choose packaged foods with a *high* % Daily Value.)
6. Is this food a good choice for you?
  - Yes - Why? \_\_\_\_\_
  - No - Why? \_\_\_\_\_

Nutrition Facts			
Per			
Amount	% Daily Value		
<b>Calories</b>			
<b>Fat</b>	g		%
Saturated + Trans	g		%
<b>Cholesterol</b>	mg		%
<b>Sodium</b>	mg		%
<b>Carbohydrate</b>	g		%
Fibre	g		%
Sugars	g		
<b>Protein</b>	g		
Vitamin A	%	Vitamin C	%
Calcium	%	Iron	%



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# Serve it up or serve it down!

**If you eat the serving size shown on the Nutrition Facts table, you will get the amount of Calories and nutrients that are listed.**



**What happens if you eat less or more than the serving size shown?**

1. Choose one packaged food.
2. Choose a nutrient on the Nutrition Facts table that is important to you. Write the name of this nutrient on the chart shown below.
3. Write the serving size, Calories and % Daily Value (or g/mg) shown on your package in the "Serving size on the package" column on the chart.
4. Fill in the new serving size, Calories and % Daily Value (or g/mg) for "Half a serving" and for a "Double serving" on the chart.
5. Which serving size is the best choice for you? Why?

**Serving size on the package**



**Half a serving**



**Double serving**



Nutrient _____	Serving size on the package	Half a serving (Hint: Divide by 2)	Double serving (Hint: Multiply by 2)
Serving size	_____	_____	_____
Calories	_____	_____	_____
% Daily Value	_____ %	_____ %	_____ %
Amount in g or mg	_____ g or mg	_____ g or mg	_____ g or mg



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## Frequently-asked questions about:

# Nutrient content claims



Words used in nutrient content claims	What the words mean	Examples
<b>Free</b>	A nutritionally insignificant amount	Sodium free (less than 5 mg sodium per serving)
<b>Low</b>	Always associated with a very small amount of a nutrient	Low fat (3 g fat or less per serving)
<b>Reduced</b>	At least 25% less of a nutrient compared with a similar product	Reduced in Calories (At least 25% less energy than the food to which it is compared)
<b>Source</b>	Always associated with a significant amount	Source of fibre (2 g fibre or more per serving)
<b>Light</b>	If it is referring to a specific nutrient, it is only allowed on foods that are either reduced in fat or reduced in energy (Calories).	Light in fat Light in Calories
	"Light" can also be used to describe a feature of the food such as "light in colour."	Light in colour (An explanation on the label will explain what makes the food light, even if it is light in colour.)



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# Frequently-asked questions about: Words to watch for

What other words will you see on the ingredient list for fat, saturated fat, sodium and sugar?



Nutrient	Words to watch for on the ingredient list
<b>Fat</b>	<ul style="list-style-type: none"> <li>• Glycerides</li> <li>• Glycerol</li> <li>• Esters</li> <li>• Shortening</li> <li>• Oil</li> </ul>
<b>Saturated fat</b>	<ul style="list-style-type: none"> <li>• Tallow or beef fat, lard, suet, chicken fat, bacon fat</li> <li>• Butter</li> <li>• Coconut or coconut oil</li> <li>• Hydrogenated fats and oils</li> <li>• Cocoa butter</li> <li>• Palm or palm kernel oil</li> <li>• Powdered whole milk solids</li> </ul>
<b>Trans fat</b>	<ul style="list-style-type: none"> <li>• Hydrogenated fats and oils</li> </ul>
<b>Sodium (salt)</b>	<ul style="list-style-type: none"> <li>• Salt</li> <li>• Monosodium glutamate</li> <li>• Baking powder, baking soda</li> <li>• Disodium phosphate</li> <li>• Sodium bisulfate</li> <li>• Brine</li> <li>• Garlic salt, onion salt, celery salt</li> <li>• Soy sauce</li> <li>• Sodium alginate, sodium benzoate, sodium hydroxide, sodium propionate</li> </ul>
<b>Sugars</b>	<ul style="list-style-type: none"> <li>• Fructose, sucrose, maltose, lactose, honey</li> <li>• Liquid sugar, invert sugar, liquid invert sugar, syrup</li> <li>• Galactose, dextrose, dextrin, corn syrup solids, molasses, raisin syrup</li> </ul> <p>Hint: Watch for words ending in "ose."</p>
<b>Sugar alcohols</b>	<ul style="list-style-type: none"> <li>• Isomalt (also known as Palatinit)</li> <li>• Lactitol</li> <li>• Mannitol</li> <li>• Maltitol</li> <li>• Sorbitol</li> <li>• Xylitol</li> </ul> <p>Hint: Watch for words ending in "ol."</p>



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## Frequently-asked questions about:

# The importance of nutrients

Nutrient	What foods supply us with this nutrient?	How does this nutrient help our bodies?
<b>Fat</b>	Butter, margarine, oils Baked goods (cookies, donuts, pastries) Milk, cheese, ice cream, yogurt Processed meats Beef, pork, lamb, veal, chicken Nuts	Provides Calories or energy Carries and stores vitamins A, D, E, K Insulates the body against cold Cushions the skin, bones and internal organs
<b>Saturated fat</b>	Butter, cheese, whole milk Sour cream Ice cream Lard, shortening Palm oil, coconut oil Red meat	
<b>Trans fat</b>	Hydrogenated fats, oils, deep-fried foods and baked goods	
<b>Cholesterol</b>	Dairy products Egg yolks Meat Organ meats	Helps to make: Some hormones Vitamin D Cell membranes Bile salts used to digest foods
<b>Sodium</b>	Sodium or salt occurs naturally in many foods but it is also added to some processed foods such as bacon, soups, and potato chips.	Balances body fluids Helps transmit electrical signals through nerves



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# Frequently-asked questions about: The importance of nutrients

Nutrient	What foods supply us with this nutrient?	How does this nutrient help our bodies?
<b>Carbohydrate</b>	Breads Pastas Vegetables Fruit Honey Sugar Milk	Provides Calories or energy ready for your muscles and your brain to use
<b>Fibre</b>	Whole-grain breads, cereals and pastas Vegetables and fruit Legumes	Aids in bowel regularity Reduces risk of colon cancer Lowers blood cholesterol
<b>Sugars</b>	<b>Foods with naturally occurring sugars:</b> Milk Fruits Vegetables <b>Foods with added sugars:</b> Sweetened juices Sweetened soft drinks Candy	Provides Calories or energy ready for your muscles and your brain to use
<b>Protein</b>	Milk, cheese, yogurt Eggs Meat, poultry, fish Nuts, peanut butter Baked beans	Builds and repairs body tissues
<b>Vitamin A</b>	Carrots Squash Dark green leafy vegetables	Maintains healthy skin Provides good night vision
<b>Vitamin C</b>	Citrus fruits Strawberries	Builds and maintains connective tissues Heals wounds Fights infections
<b>Calcium</b>	Milk Cheese Yogurt	Builds healthy bones and teeth
<b>Iron</b>	Red meat Raisins Whole-grain breads and cereals	Produces red blood cells that carry oxygen throughout the body



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