# Child Care Menu Planning with Canada's Food Guide Using Food Labels

Using food labels can help you choose healthy foods for your childcare program. Food packages in Canada include a Nutrition Facts table, an ingredient list and food allergen labelling.

#### **Nutrition Facts table**

Look at the % Daily Value (DV) on the Nutrition Facts table to see if there is a little or a lot of a nutrient.

- **5% DV or less is a little**. Aim for lower % DV for nutrients like sodium (salt), sugars, and saturated fat.
- **15% DV or more is a lot**. Aim for higher % DV for nutrients like iron, fiber, calcium, and potassium.

## **Ingredient list**

The ingredient list tells you all the ingredients in a food product, listed by weight from most to least.

**Ingredients:** White beans, Water, Sugars, Pork, Salt, Modified cornstarch, Onion powder, Mustard, Spices **Contains:** Mustard. **May contain:** Sesame, Soybean

## Food allergens

Food labels in Canada must clearly list common (priority) allergens and gluten sources. If a common allergen has been added to a food, a "Contains" statement must be on the label. May contain statements are not required or checked by Health Canada. Look for allergens in the **ingredient list** or in a "**Contains**" **statement** after the ingredient list. Common allergens must be in the "Contains" statement if they are in a food.

#### These allergens are:

Eggs

Mustard

- Fish
- Crustaceans and mollusks
  - Milk

• Peanuts

Soy

- Sesame seeds
- C
- Wheat and triticale

Sulphites

Tree nuts

If a child has an allergy to a food that is not in the list above, that food will not be in the "contains" statement. You will need to look in the ingredient list. If you are unsure if a food is safe for a child with allergies in your center, talk to their parent or caregiver.

For more information visit: Food labels or Food Allergy Canada

Nutrition Facts Per 12 crackers (30 g)	
Calories 107	% Daily Value*
Fat 1g	1 %
Saturated 0 g +Trans 0 g	0 %
Carbohydrate 27 g	
Fibre 1 g	4 %
Sugars 3 g	3 %
Protein 3 g	
Cholesterol 0 mg	
Sodium 370 mg	16 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron 2 mg	11 %
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	

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