



Nutrition Labels

The **Nutrition Facts** table can be helpful when choosing healthy foods for your family. You can compare similar foods in the grocery store to see which one is the healthier choice. Remember these tips when looking at the Nutrition Facts table:

Look at the **servicing size** so you are able to compare the same amount of each food. Serving size is found at the top of the Nutrition Facts table.

% Daily Value explains if a specific amount of food has a little or a lot of a nutrient.

- Choose foods that have a **high** (15% or more) % Daily Value for calcium, iron, fibre, vitamin A, and vitamin C.
- Choose foods that have a **low** (5% or less) % Daily Value for fat, saturated and trans fat, and sodium.

Example:

Oat & Almond Chewy Bar

Nutrition Facts			
Per 1 bar (35 g)			
Amount	% Daily Value		
Calories 130			
Fat 2 g	3 %		
Saturated 0.5 g + Trans 0 g	3 %		
Cholesterol 0 mg			
Sodium 85 mg	4 %		
Carbohydrate 24 g	8 %		
Fibre 4 g	18 %		
Sugars 8 g			
Protein 5 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 0 %	Iron 15 %		

Mixed Berry Dip Bar

Nutrition Facts			
Per 1 package (35 g)			
Amount	% Daily Value		
Calories 200			
Fat 6 g	8 %		
Saturated 2.5 g + Trans 0 g	15 %		
Cholesterol 0 mg			
Sodium 85 mg	4 %		
Carbohydrate 24 g	8 %		
Fibre 1 g	5 %		
Sugars 17 g			
Protein 2 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 0 %	Iron 15 %		

- The serving size for both of these bars is the same (35 g).
- The Oat & Almond Chewy Bar has 18% of your daily value for fibre (high) compared to the Mixed Berry Dip Bar with 5% fibre (low).
- The Oat & Almond Chewy Bar has less fat (3%) and sugar (8 g) compared to the Mixed Berry Dip Bar (8% fat, 17 g sugar).
- The values of vitamin A, vitamin C, calcium and iron are the same.

The Oat & Almond Chewy Bar is a healthier food choice because it has more fibre and less sugar!

To learn more about label reading, please visit:

- Label Reading the Healthy Way: <http://www.albertahealthservices.ca/nutrition/Page8925.aspx>
- Label Reading Quiz: <http://healthycanadians.gc.ca/eating-nutrition/label-etiquetage/quiz-interactive-eng.php>