

Reading Nutrition Fact Labels

All food that has been processed or comes in a package must have a nutrition label. This tells you what the food is made from. It also tells you about the nutrition that is in the food.

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 440	
Fat / Lipides 19 g	29 %
Saturated / Saturés 4 g	21 %
+ Trans / Trans 0.2 g	
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 860 mg	36 %
Carbohydrate / Glucides 53 g	18 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 6 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

The serving size is at the top. All of the information is for that serving size, not the whole box.

One bowl of this cereal has 440 calories

Both kinds of fat are listed.

The daily value of each nutrient is also listed in the right hand column.

This label tells you that one serving gives you 45% (almost half) of the Vitamin A you need in a day.

The label tells you about the amount of calories, fat, cholesterol, sodium, and carbohydrates that are in each serving. It also tells you about the amount of protein, vitamins and minerals.

In the right hand column are the daily values of each nutrient. But this is only what they recommend for most people. In the label below, it says that one serving has 31g of carbs. That is 10% of the total carbs that they suggest a person eat. That means that you would eat about 310 g of carbs per day. But some people need to eat less carbs. If you are diabetic, you may need to eat less carbs.

Nutrition Facts	
Serving Size 1 cup (200g)	
Amount Per Serving	
Calories 260	
	% Daily Value
Fat 13g	20%
Saturated Fat 3g + Trans Fat 2g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Carbohydrate 31g	10%
Fibre 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

One cup is one serving.

One serving has 260 calories.

One serving has 31 g. of carbs. Part of that is the 5 g of sugar

The vitamins and minerals are listed at the bottom. They show the percentage that you should have each day.

You can use these labels to compare one product with another.

You can check which one is healthier by checking which one has more sugar or more fibre. You can also use them to check if you are getting the nutrients you need each day.

This material was written by Marilyn Smitshoek for the Douglas College I-CARE adult literacy tutoring program. You are free to use it with acknowledgement.