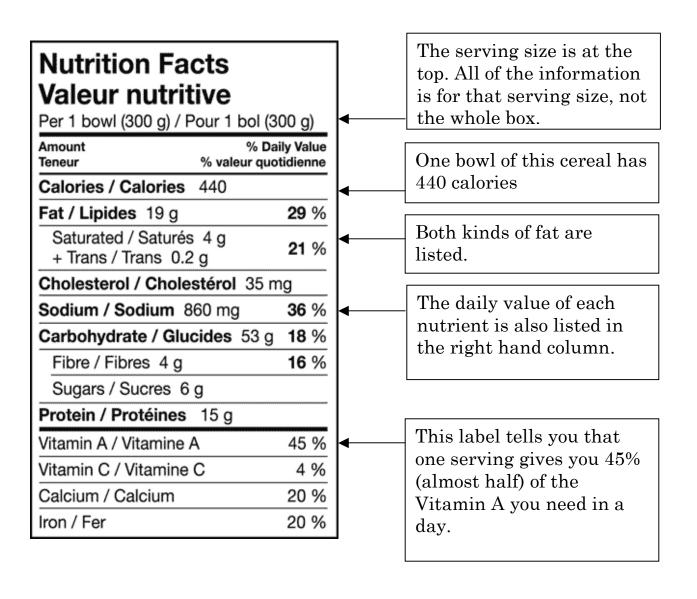
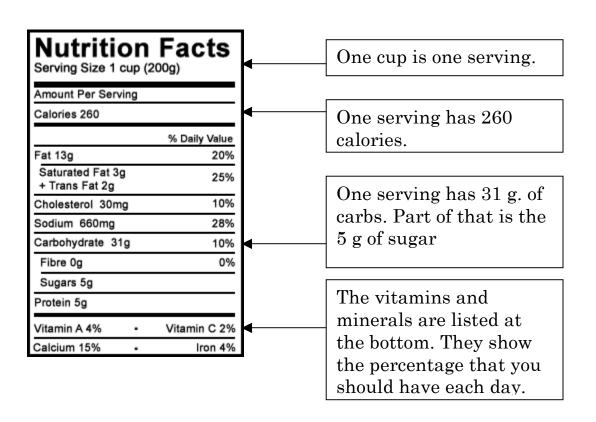
Reading Nutrition Fact Labels

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.



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.



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.