

# Steps for Label Reading

## STEP 1:

Read the **Serving Size** to learn the specific amount of food that the nutrition facts is based on. Change the nutrition information if you eat more or less than this amount.

## STEP 2:

**Calories** may help you decide how much to eat:

### General guidelines:

Aim for **400-600** calories per meal

Aim for **100-200** calories per snack

### Carbohydrate

includes fibre and sugar as listed, plus starch (not listed).

4 g sugar = 1 teaspoon of sugar



## Nutrition Facts

Per 4 Crackers (19 g)

Amount	% Daily Value
<b>Calorie</b> 80	
<b>Fat</b> 3.0 g	<b>5%</b>
Saturated 0.4 g	<b>2%</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 90 mg	<b>4%</b>
<b>Carbohydrate</b> 13 g	<b>4%</b>
Fibre 2 g	<b>8%</b>
Sugars 0 g	
<b>Protein</b> 2 g	
Vitamin A 0 %	Vitamin C 0%
Calcium 0%	Iron 6%

This indicates the weight of the food product in grams. This may be useful when comparing similar products sizes.

## STEP 3:

The **% Daily Value** tells you if there is a little or a lot of a nutrient in a food.

- **5% or less is a little**
- **15% or more is a lot**

Choose less of:

- **saturated + trans fat**
- **sodium**

Choose more of:

- **fiber**
- **calcium**
- **iron**

**INGREDIENTS:** WHOLE GRAIN WHEAT, SOYABEAN OIL, MALTODEXTRIN, SALT, BLACK PEPPER, ONION AND GARLIC POWDERS, OLIVE OIL, MODIFIED CORN STARCH, CITRIC ACID, NATURAL FLAVOUR, GUM ARABIC

**Ingredient List:** Ingredients are listed by weight from most to least.

Tip:

- Look for whole grains. Enriched wheat flour is a code name for all purpose or white flour.
- Limit foods that include hydrogenated oils and shortening in this list.

## What to know about the ingredient list:

- Shows all the ingredients in a food item
- Ingredients are listed by weight from most to least
- The first few ingredients make up the bulk of the packaged food

## Ingredients have many “code names”.

Here are some common names for nutrients you may find on an ingredient list:

Nutrient	Code Names	
Saturated Fat	Bacon Beef or chicken fat Butter Cocoa butter Coconut or coconut oil	Lard Palm or palm kernel oil Powdered whole milk solids Shortening Tallow
Trans Fat	Hard margarine Hydrogenated or partially-hydrogenated fats and oils	Shortening Modified oils
Sodium	Baking powder or soda Brine Disodium phosphate Garlic, celery or onion salt Monosodium glutamate (MSG)	Salt Sodium alginate Sodium benzoate Sodium bisulfate Soy sauce
Sugar  <i>Tip: A word ending in “-ose” is usually sugar. One exception is sucralose, which is an artificial sweetener and contains no sugar.</i>	Brown sugar Demerara or turbinado sugar Dextrose Evaporated cane juice Fructose Galactose Glucose Glucose-fructose Concentrated fruit juice or fruit puree	High fructose corn syrup Honey Invert sugar Lactose Maltose Molasses Sucrose Syrup Treacle
Fibre	Beta-glucan Cellulose Chicory root fibre Inulin Maltodextrin	Oat hull fibre Pea hull fibre Pectin Psyllium seed husk Wheat bran
Vitamins and Minerals	Alpha tocopherol (vitamin E) Ascorbic acid (vitamin C) Beta carotene (vitamin A) Ferrous sulfate (iron) Folate or folic acid (vitamin B9)	Niacin or niacinamide (vitamin B3) Pantothenic acid (vitamin B5) Potassium iodide (potassium) Riboflavin (vitamin B2) Thiamine hydrochloride (vitamin B1)