

Label Reading – Nutrient Content Claims

What to know about nutrient content claims:

- Refers to the amount of a specific nutrient in a food (eg: 25% less sodium)
- Nutrient content claims are optional
- Typically only highlight ONE nutrient, therefore you should still refer to the Nutrition Facts Table to help make better food choices
- Keep in mind that if a product has a nutrient content claim that it is low in one type of nutrient, it may not be low in all nutrients (eg: low saturated fat does not mean low in total fat)

Here are some common examples of nutrient content claims:



Amount Teneur	% Daily Value % valeur quotidienne
Nutrition Facts Valeur nutritive	
Per 7 Crackers (20 g) Pour 7 craquelins (20 g)	
Calories / Calories 90	
Fat / Lipides 2.0 g	3 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 230 mg	10 %
Carbohydrate / Glucides 15 g	5 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	6 %

INGREDIENTS: ENRICHED WHEAT FLOUR, SOYABEAN OIL AND HYDROGENATED COTTONSEED OIL WITH TBHQ AND CITRIC ACID, SALT, SODIUM BICARBONATE, MALT FLOUR, YEAST, AMYLASE, PROTEASE, SOUR DOUGH CULTURE. IL# 110304

In Canada, if a product contains less than 0.2 grams of trans fats AND less than 2 grams of saturated fats PER LABELED AMOUNT, it can be advertised as having “0 Trans Fat”. Keep in mind that hydrogenated or partially hydrogenated fats are types of trans fats.



Nutrition Facts		Valeur nutritive	
Per 15 mL serving / par portion de 15 mL			
Amount / Teneur		% Daily Value	% valeur quotidienne
Calories / Calories	120		
Fat / Lipides	14 g	22%	
Saturated / saturés	2 g		
+ Trans / trans	0 g		10%
Cholesterol / Cholestérol	0 mg	0%	
Sodium / Sodium	0 mg	0%	
Carbohydrate / Glucides	0 g	0%	
Fibre / Fibres	0 g		
Sugars / Sucres	0 g		0%
Protein / Protéines	0 g		
Vitamin A / Vitamine A			0%
Vitamin C / Vitamine C			0%
Calcium / Calcium			0%
Iron / Fer			0%



Nutrition Facts		Valeur nutritive	
Per 15 mL serving / par portion de 15 mL			
Amount / Teneur		% Daily Value	% valeur quotidienne
Calories / Calories	120		
Fat / Lipides	14 g	22%	
Saturated / saturés	2 g		
+ Trans / trans	0 g		10%
Cholesterol / Cholestérol	0 mg	0%	
Sodium / Sodium	0 mg	0%	
Carbohydrate / Glucides	0 g	0%	
Fibre / Fibres	0 g		
Sugars / Sucres	0 g		0%
Protein / Protéines	0 g		
Vitamin A / Vitamine A			0%
Vitamin C / Vitamine C			0%
Calcium / Calcium			0%
Iron / Fer			0%

“Light” or “Extra Light” claims do not necessarily mean light in calories, fat or sodium. “Light” or “Extra Light” could refer to colour, texture or flavour of the food product.



Nutrition Facts		Valeur nutritive	
Per 250 mL / par 250 mL			
Amount / Teneur		% Daily Value	% valeur quotidienne
Calories / Calories	130		
Fat / Lipides	0 g	0 %	
Saturated / saturés	0 g		
+ Trans / trans	0 g		0 %
Cholesterol / Cholestérol	0 mg		
Sodium / Sodium	25 mg	1 %	
Potassium / Potassium	330 mg	9 %	
Carbohydrate / Glucides	31 g	10 %	
Fibre / Fibres	0 g		0 %
Sugars / Sucres	30 g		
Protein / Protéines	1 g		
Vitamin A / Vitamine A			0 %
Vitamin C / Vitamine C			100 %
Calcium / Calcium			0 %
Iron / Fer			2 %

INGREDIENTS: APPLE &/OR GRAPE &/OR PEAR JUICES FROM CONCENTRATE (FILTERED WATER, CONCENTRATED APPLE &/OR GRAPE &/OR PEAR JUICES) &/OR APPLE JUICE, ORANGE JUICE FROM CONCENTRATE, FILTERED WATER, CONCENTRATED ORANGE JUICE, PEACH PUREE FROM CONCENTRATE, FILTERED WATER, CONCENTRATED PEACH PUREE), CITRIC ACID (FOR TARTNESS), NATURAL FLAVOUR, VITAMIN C.

“No Sugar Added” does not mean there is no sugar in the food product. Other ingredients may already contain forms of sugar. Keep in mind that fruit concentrates and fruit purees are types of sugar.

There are just a few examples of nutrient content claims you might see on a food package. Check out www.healthycanadians.gc.ca for more information on other nutrient content claims and what they mean.