

Understanding Nutrition Facts Panels

The Nutrition Facts Panel is used to classify a food or beverage as "Choose Most," "Choose Least," "Choose Sometimes," or "Not Recommended." Most foods and beverages were required to have a Nutrition Facts Panel by December 12, 2005.

Small manufacturers have until December 12, 2007. For small bulk items the panel might be on the carton rather than the individual package.

Compare this amount to the size of the package being sold. Is it the same or is it smaller, bigger?

This is the TOTAL amount of fat.

In the Guidelines, the amount of a nutrient allowed is always based on the total package size you are selling (unless otherwise specified). In this example, if the package was 250 mL, it would contain twice what the Nutrition Facts Label shows, e.g. 36 grams Carbohydrate.

Sodium mg/portion sold is restricted for many of the food groupings.

This is where you can find the amount of trans fats in a product. Some meats and milk products have low amounts of naturally occurring trans fats.

Naturally occurring sugars (like those from fruit or milk) are shown *together* with added sugars.

The % refers to the proportion of the total recommended daily amount for someone with the highest needs.

Nutrition Facts			
Per 125 mL (87 g)*			
Amount	% Daily Value **		
Calories 80			
Fat 0.5 g	1 %		
Saturated 0 g	0 %		
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 0 mg	0 %		
Carbohydrate 18 g	6 %		
Fibre 2 g	8 %		
Sugars 2 g			
Protein 3 g			
Vitamin A	2 %	Vitamin C	10 %
Calcium	0 %	Iron	2 %

For more help in interpreting Nutrition Facts panels or items without a Nutrition Facts panel, contact your local community nutritionist.

For more information on reading nutrition fact labels and ingredients lists: http://www.hc-sc.gc.ca/fn-an/label-etiquet/index_e.html