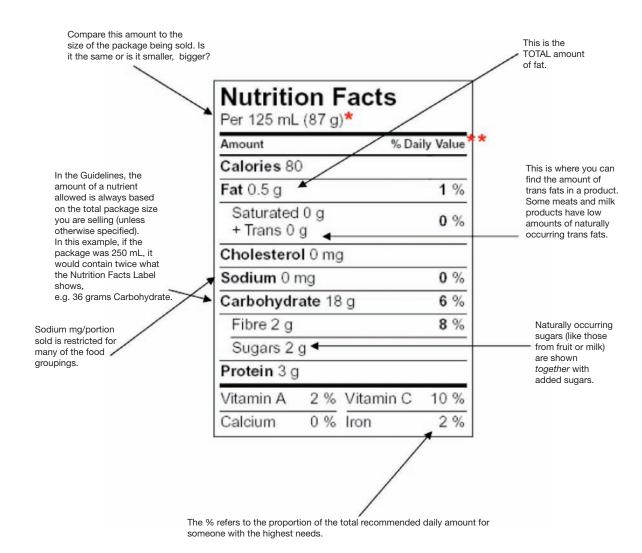
Understanding Nutrition Facts Panels

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.



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