

# 5 Steps to Reading the Nutrition Facts Table

- 1 Serving Size:** The amount of calories and nutrients that are listed in one serving of the product.
- 2 Fat:** Total fat, Saturated fat, and Trans fat are all listed on the label. Look for products with less than 3 g of Total fat and no Trans fat.
- 3 Sodium:** Look for products with less than 300 mg of sodium.
- 4 Carbohydrate:** Total carbohydrate, fibre and sugars are listed on the label.
- 5 Fibre:** Look for products with at least 3 g of fibre.

<b>Nutrition Facts</b>			
Per 1 cup (55 g)			
Amount	% Daily Value		
<b>Calories</b> 220			
<b>2 Fat</b> 2 g	<b>3 %</b>		
Saturated 0 g	<b>0 %</b>		
+ Trans 0 g			
<b>Cholesterol</b> 0 mg			
<b>3 Sodium</b> 270 mg	<b>11 %</b>		
<b>4 Carbohydrate</b> 44 g	<b>15 %</b>		
Fibre 8 g	<b>32 %</b>		
Sugars 16 g			
<b>Protein</b> 6 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	40 %

## For additional information:

[www.ontario.ca/eatright](http://www.ontario.ca/eatright) - Your one-stop shopping site for nutrition information.

[www.dietitians.ca](http://www.dietitians.ca) – Dietitians of Canada- this site features interactive nutrition programs.

[www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca) – A collaborative effort between Dietitians of Canada and the Canadian Diabetes Association. Includes a virtual grocery store tour.

[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) -- Features revised Eating Well with Canada's Food Guide.

[www.parentsforhealth.ca](http://www.parentsforhealth.ca) – A website to engage parents in conversation about health topics affecting their children.