

Label Reading

It is important to learn how to read labels so you can compare products and make the best choice for your health.

For example the portion size on the label gives you the nutrition information for that size only. In this example, the size is 125 mL or ½ cup. If you eat more or less than this amount you have to multiply or divide to know how much is in the amount you eat.

(g = grams)

Protein:

You need to have at least 60 g a day. This product has 3 g in 125 mL or ½ cup.

Nutrition Facts	
Per 125 mL (87 g)*	
Amount	% Daily Value*
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
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 %

Nutrition Facts		Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 440			
Fat / Lipides 19 g	29 %		
Saturated / Saturés 4 g + Trans / Trans 0.2 g	21 %		
Cholesterol / Cholestérol 35 mg			
Sodium / Sodium 860 mg	36 %		
Carbohydrate / Glucides 53 g	18 %		
Fibre / Fibres 4 g	16 %		
Sugars / Sucres 6 g			
Protein / Protéines 15 g			
Vitamin A / Vitamine A	45 %		
Vitamin C / Vitamine C	4 %		
Calcium / Calcium	20 %		
Iron / Fer	20 %		

This product has 15 grams of protein in 1 bowl.

Nutrition Facts	
Per 125 mL (87 g)*	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
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 %

Fat:

Food that has less than 5% daily value of fat is low fat.

This example is low fat because it has 1% daily value of fat.

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Vitamin A / Vitamine A	45 %
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Iron / Fer	20 %

Test Yourself

Is this a high fat or low fat food?

High fat? Low fat?

Why? _____