**Yogurt** 

% Daily Value

4 %

8 %

3 %

8 %

0 %

0 %

0 %

**Nutrition Facts** 

Per 3/4 cup (175 g)

Saturated 1.5 q

Cholesterol 10 mg Sodium 75 mg

Carbohydrate 25 g

2 %

20 % Iron

Vitamin C

Calories 160

+ Trans 0 g

Fibre 0 g

Protein 8 q

Vitamin A

Calcium

Sugars 24 g

**Fat** 2.5 g

## **Using the Nutrition Facts Table: % Daily Value**

#### **How to CHOOSE**

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Santé

Canada

#### Follow these three steps:



### LOOK at the amount of food

Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.



### READ the % DV .....

The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a LITTLE 15% DV or more is a LOT

This applies to all nutrients.

## 3 CHOOSE

Make a better choice for you. Here are some nutrients you may want...

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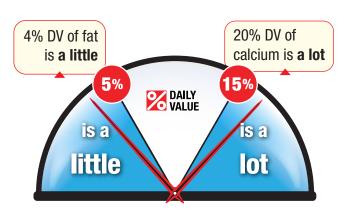
#### more of

Fat

- Fibre
- Saturated and trans fats
- Vitamin A
- Sodium
- CalciumIron

#### Here is an example of how to choose:

You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has **a little** fat (4% DV) and **a lot** of calcium (20% DV) — this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!



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#### **How to COMPARE**

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

#### **Follow these three steps:**



### LOOK at the amounts of food

Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.

**Cracker A** has 9 crackers and weighs 23 grams.

**Cracker B** has 4 crackers and weighs 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.

Nutrition Facts				
Per 9 crackers (23 g)				
Amount	% Daily Value			
Calories 90				

Cracker A

	, ,,
Calories 90	
<b>Fat</b> 4.5 g	7 %
Saturated 2.5 g + Trans 0 g	13 %
Cholesterol 0 mg	
Sodium 280 mg	12 %
Carbohydrate 12 g	4 %
Fibre 1 g	4 %
Sugars 0 g	
Protein 3 g	
Vitamin A 0 % V	/itamin C 0 %

2 % Iron

Calcium

#### Cracker B

Nutrition Facts Per 4 crackers (20 g)						
Amount			aily Value			
Calories 90	)					
Fat 2 g			3 %			
Saturated 0.3 g + Trans 0 g			2 %			
Cholesterol 0 mg						
Sodium 90 mg			4 %			
Carbohydrate 15 g			5 %			
Fibre 3 g			12 %			
Sugars 1 g						
Protein 2 g						
Vitamin A	0 %	Vitamin C	0 %			
Calcium	2 %	Iron	8 %			

# 2

## **READ the % DVs**

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

**Cracker A** has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.

**Cracker B** has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

Remember: 5% DV or less is a little and 15% DV or more is a lot. This applies to all nutrients.

# 3

## **CHOOSE**

In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle.

Use the Nutrition Facts table and *Eating Well with Canada's Food Guide* to make healthier food choices.

#### Did you know?

8 %

You may be able to compare products that don't have similar amounts of food.

For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 2 slices of bread (70 g) because you would most likely eat either amount of food at one meal.



