



Reading Nutrition Labels

- Choose foods that have a % daily value of > 5% for Fibre
 - Choose foods that have a % daily value of < 5% for sodium and fat.
 - Also, pay attention to the serving size.
 - If the % daily value of sodium and fat is > 15% do not buy the product.
 - If you are unable to recognise the ingredients on the ingredient list do not buy the product.
 - The ingredients on the nutrition panel are listed by weight. That means the first ingredient is in the maximum quantity and the last ingredient is the least. For example - if you are buying Sugar Free Strawberry Jam and strawberries in the last ingredient, DO NOT BUY it.
 - As a rule, look at the first 5 ingredients to make your decisions. After the 5th ingredient, everything is in minimum amounts.
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- Based on the above information which of the following cracker will you choose?

Choosing Foods Using % Daily Value

Cracker A

Nutrition Facts	
Per 9 crackers (23 g)	
Amount	% Daily Value
Calories 90	
Fat 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 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

Daily Values > 15% = a lot

Cracker B

Nutrition Facts	
Per 4 crackers (20 g)	
Amount	% Daily 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 %

Daily Value < 5% = a little

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<http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/fact-fiche-eng.php>

Answer: Choose Cracker B