

# Resource Guide

## Understanding food nutrition labels

- Nutrition labels can help you make healthier food choices. However, it can be overwhelming to look at these labels and make sense of them.
- Look at the serving size at the top of the label. All the information in the table is based on this amount.
- Use the % daily value. In general, 5% or less is considered a small amount and 15% or more is considered a large amount.
- Check out the ingredients list. The first ingredient on the list is what the product has the most of, and the last is what it has the least of.

| Nutrition Facts  |                      |
|--|----------------------|
| 8 servings per container   |                      |
| <b>Serving size</b>  | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>  |                      |
| <b>Calories</b>  | <b>230</b>           |
| <b>% Daily Value*</b>  |                      |
| <b>Total Fat</b> 8g  | <b>10%</b>           |
| Saturated Fat 1g   | <b>5%</b>            |
| Trans Fat 0g   |                      |
| <b>Cholesterol</b> 0mg   | <b>0%</b>            |
| <b>Sodium</b> 160mg  | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g  | <b>13%</b>           |
| Dietary Fiber 4g   | <b>14%</b>           |
| Total Sugars 12g   |                      |
| Includes 10g Added Sugars  | <b>20%</b>           |
| <b>Protein</b> 3g  |                      |
| Vitamin D 2mcg   | 10%                  |
| Calcium 260mg  | 20%                  |
| Iron 8mg   | 45%                  |
| Potassium 240mg  | 6%                   |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |                      |



To learn more about healthy eating and dietary guidelines, visit [Canada's food guide](#).