

Nutrition Label Reading

Nutrition Facts

Valeur nutritive

Per 1 cup (250mL)
pour 1 tasse (250mL)

Calories 110 % Daily Value*
% valeur quotidienne*

Fat / Lipides

Saturated / saturés 0 g 0%

+ Trans / trans 0 g

Carbohydrate / Glucides 26g

Fibre / Fibres 0 g 0%

Sugars / Sucres 5 g 20%

Proteins / Protéines 2 g

Cholesterol / Cholestérol 0 mg

Sodium 0 mg 0%

Potassium 450 mg 10%

Calcium 30mg 2%

Iron / Fer 0 mg 0%

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Calories do not tell us how healthy a food is - we must look at other nutrients

We need 25-38 grams per day of fibre

These are healthy, the higher the number the better

Look for foods with 0 trans fat

Aim for less than 24 grams per day of sugar

Choose foods with less sodium

% Daily Value

High

15% ↑

% Daily Value

Low

5% ↓