

Quick Guide to Reading Food Labels

Nutrition Facts Table and List of Ingredients

1. Find the amount of food in the food product: Serving size

- Represents the amount of food usually consumed in one sitting, and it is based on a reference amount. It is not a recommendation for how much food you should eat or drink.
- Compare the serving size to your portion size or how much you usually eat. If you consume more or less than the serving size, then the amount of each nutrient you consume will be different than what is shown in the table. For example: if the serving size for a beverage is 250mL, but you drink 500mL of the product, then you would double the amount listed for each nutrient.

Nutrition Facts Valeur nutritive	
Per 12 crackers (30 g) pour 12 craquelins (30 g)	
Calories 107	% Daily Value* % valeur quotidienne*
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 27 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 370 mg	16 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 2 mg	11 %
*5% or less is a little, 15% or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

1 Find the amount of food

2 Use % daily value

2. Use the % daily value (%DV)

- 5% DV or less is a little
- 15% DV or more is a lot

3. Read the ingredient list

- Ingredients in the food product are listed in order of weight. This means a food contains more of the ingredients found at the beginning of the list and less of the ingredients at the end of the list.

Ingredients: Enriched wheat flour • Sugars (glucose, barley malt extract) • Salt • Vegetable oil • Soda

3 Read the list of ingredients

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URL: Nutrition labelling: [Nutrition facts table - Canada.ca](https://www.canada.ca/en/health-canada/services/food-nutrition/nutrition-facts-table.html)

Front-of-package nutrition symbol



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You will find the new front-of-package nutrition symbol on food products that meet or exceed specific recommendations for sugars, sodium and saturated fats.

The front-of-package nutrition symbol:

- Helps people make quick and informed choices when grocery shopping.
- Supports educators who are teaching about how to identify foods high in nutrients that can negatively affect health.

Use food labels to compare similar foods to help you identify nutritious and safe food options. Look for options that are higher in iron, fibre, calcium or potassium, and that have lower levels of sodium, sugar, and saturated fats.