

Look at the label!

Use the *Nutrition Facts* table to choose products that are healthier.

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	13 %
Calcium 30 mg	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	

Serving Size

Do you eat this amount?

When comparing labels,
are they using the same
amount?

Calories = Energy!

**Nutrients you
want to LIMIT**

**Nutrients you
want MORE of**

%Daily Value (%DV)

Use the %DV for easier
comparison between
food items.

%DV is not based on serving
size; it is based on how much
of each nutrient you need in
a 2000-calorie diet



Healthy Start

Adapted from 2024 Health Canada website - Nutrition labelling: Nutrition facts table