



Make grocery shopping easy!



## CHECK Food Labels: Make Wise Choices

1. Read the **Ingredient list**. Ingredients are listed by weight from the most to the least.
2. Look at the **Nutrition Facts Table**.

- Check the **Serving size**.

The nutrition information is based on this. Compare the serving size on the label to the amount that you eat.

- Check the **Calories**.

Calories tell you how much energy you get from one serving of a packaged food.

- Check the **% Daily Value** which tells you if there is a *little* or a *lot* of a nutrient in one serving of a packaged food.

It is a great way to compare two products that seem similar but are really quite different.

CHOCOLATE MILK:

<b>Nutrition Facts</b>	
Per 250 mL (1 cup)	
Amount	% Daily Value
<b>Calories 150</b>	
<b>Fat 2.5 g</b>	<b>4%</b>
Saturated 1.5 g	
+ Trans 0 g	
	<b>7%</b>
<b>Cholesterol 15 mg</b>	
<b>Sodium 210 mg</b>	<b>9%</b>
<b>Carbohydrate 27 g</b>	
Fibre 0 g	
Sugars 25 g	
<b>Protein 7 g</b>	
Vitamin A	<b>15%</b>
Vitamin C	<b>0%</b>
Calcium	<b>25%</b>
Iron	<b>10%</b>
Vitamin D	<b>45%</b>

Use the 5 -10 -15 % Daily Value Rule of Thumb to try to select products that have:

- **5%** Daily Value or less of total fat and sodium (salt).
- **10%** Daily Value or less of saturated fat and trans fat.
- **15%** Daily Value or more of these nutrients: fibre, calcium, iron and vitamins A and C.