

Reading the nutrition label

Serving Size

- Sometimes not the same as the amount in the package

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%

$$280 \times 4 = 1120$$

calories

Reading the nutrition label

Calories



- Consider your daily calorie goals

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	0 %
+ Trans / trans 0 g	
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	10 %
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	

Reading the nutrition label

- Look for *healthy* fats: monounsaturated & polyunsaturated

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	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
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Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
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← Fats

- Limit *unhealthy* fats: saturated & trans fats

Reading the nutrition label

Sugar-free does not mean carbohydrate-free!

Nutrition Facts	
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Per 1 cup (250 mL) pour 1 tasse (250 mL)	
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	% valeur quotidienne*
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Carbohydrates

- Look at total carbs not just sugars
- Try to find food with more than **3g fibre**

Reading the nutrition label

Protein

- Protein helps with insulin response
- 1 g. of protein per kg of body weight

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Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Canola Oil, Maltodextrin [Made from Corn], Natural and Artificial Flavors, Salt, Whey Protein Concentrate, Monosodium Glutamate, Lactic Acid, Citric Acid, Artificial Color [Yellow 6]), and Salt.

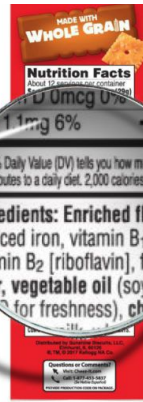
Ingredients

- Check what the top 3 ingredients are
- Watch out for
 - hydrogenated oils
 - sugar
 - refined grains
/enriched grains

Watch out for misleading information



ORGANIC



Ingredients: Enriched flour (w/ reduced iron, vitamin B₁ [thiamin], vitamin B₂ [riboflavin], folic acid), vegetable oil (soybean oil for freshness), ch...

It might say “no sugar added” but there might be a high amount of natural sugars! Always check the nutrition label.

It might be labeled whole grain but if it’s not one of the first few ingredients that means there isn’t much whole grain in it!

Organic does not always mean healthy! For example, organic sugar is still not great for a diabetic.