



# Getting to know the Nutrition Facts label

Use the Nutrition Facts label to choose foods that meet your health goals. Here's how:

## Start with serving size

The nutrition information on the label is for a standard serving. This tells you how many servings are in a package.

## Check total calories

Total calories can give you a sense of how a serving of this food fits in your day.

## Understand Daily Value

Percent Daily Value tells you how much of a certain nutrient a serving of this food will give you, based on a 2,000-calorie diet.

## Limit certain nutrients

Saturated fat, added sugars and sodium are all linked to health problems when eaten in excess. Look for foods that are low in these nutrients (<5%).

## Get more good-for-you nutrients

Most people don't get enough fibre, vitamin D, calcium, iron or potassium. If a food gives you 10% of the Daily Value of these nutrients, it's considered a good source. Twenty percent or more is considered high.

## Nutrition Facts

8 servings per container

**Serving Size 2/3 cup (55g)**

### Amount per serving

**Calories** **230**

% Daily Value\*

**Total Fat** 8g **10 %**

• **Saturated Fat** 1g **5%**

**Trans Fat** 0g

**Cholesterol** 0mg **0 %**

**Sodium** 160 mg **7%**

**Total Carbohydrate** 37g **13%**

• **Dietary Fibre** 4g **14 %**

**Total Sugars** 12g

• **Includes 10g Added Sugars** **20 %**

**Protein** 3g

• **Vitamin D** 2mcg **10 %**

• **Calcium** 260mg **20 %**

• **Iron** 8mg **45 %**

• **Potassium** 235 mg **6 %**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.