



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.