



Focus^{on} the Facts

How to use Serving Size and % Daily Value



START with Serving Size

You can find the Serving Size under the header 'Nutrition Facts'.

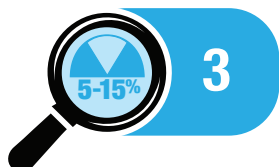
Information in the Nutrition Facts table is based on this quantity of food.



USE % Daily Value

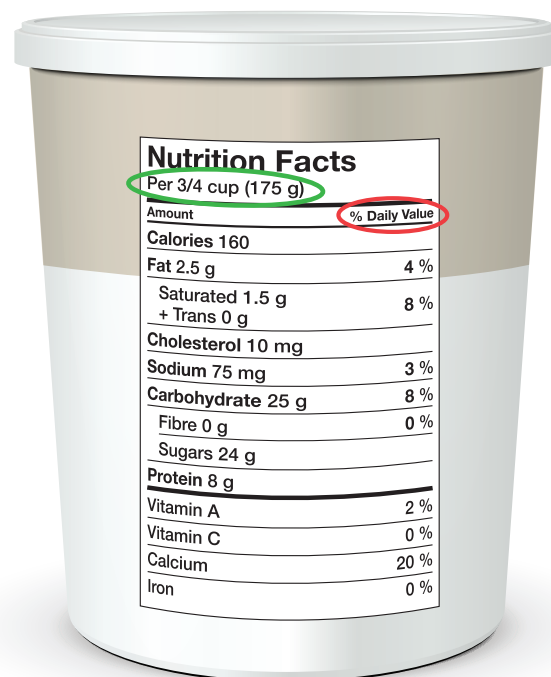
You can find the % Daily Value on the right side of the Nutrition Facts table.

Use the % Daily Value to see if the Serving Size has **a little** or **a lot** of a nutrient.

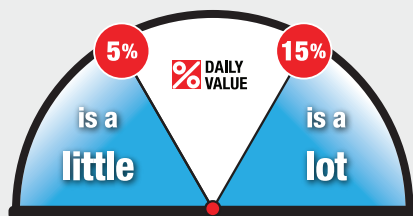


LOOK at a Nutrient

Choose packaged food that has more of the nutrients you want and less of the nutrients you don't want.



MAKE an informed food choice



5% Daily Value or less is **a little**
15% Daily Value or more is **a lot**

When making an informed food choice here are some nutrients you may want...

a little of

- Saturated and trans fats
- Sodium

a lot of

- Fibre
- Vitamin A
- Calcium
- Iron

This applies to all nutrients with a % Daily Value



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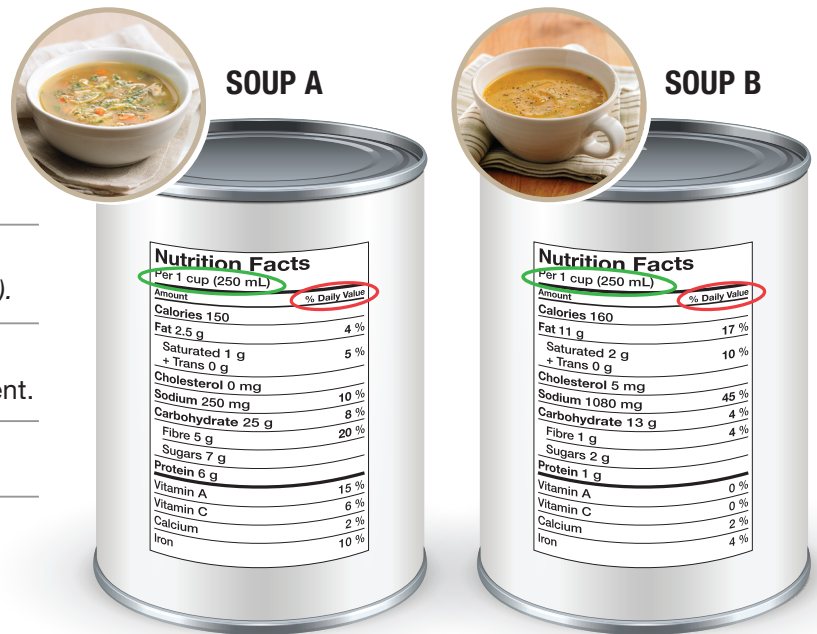
Santé
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Comparing two packaged food products.

- 1 Start with **Serving Size**
For Soup A and Soup B it is 1 cup (250 mL).
- 2 Use the **% Daily Value** to see if the
Serving Size has a little or a lot of a nutrient.
- 3 Look at a **Nutrient**

In this example, Soup A has **a little** saturated and trans fat and **a lot** of fibre and vitamin A compared to Soup B.



Comparing the Serving Size on the Nutrition Facts table to the amount you eat.

- 1 Start with **Serving Size**
On this product it is 4 crackers (20 g).
- 2 Use the **% Daily Value** to see if the
Serving Size has a little or a lot of a nutrient.
- 3 Look at a **Nutrient**



Think about how the information relates to the amount you eat.



If you eat **2 crackers**, divide the calories and % Daily Value information **in half** to know how much of each nutrient is in that Serving Size.



If you eat **4 crackers**, use the information on the Nutrition Facts table to know how many calories and how much of each nutrient is in that Serving Size.



If you eat **8 crackers**, **double** the calories and % Daily Value information to know how much of each nutrient is in that Serving Size.

Learn more at Canada.ca/NutritionFacts