



Words to Watch For With Label Reading

FAT aka...

- Glycerides
- Glycerol
- Esters
- Shortening
- Oil

SATURATED FAT aka...

- Tallow or Beef Fat, Lard, Chicken Fat, Bacon Fat
- Butter
- Coconut or Coconut Oil
- Hydrogenated Fats and Oils
- Cocoa Butter
- Palm or Palm Kernel Oil
- Powdered Whole Milk Solids

SODIUM (SALT) aka...

- Monosodium Glutamate
- Baking Powder, Baking Soda
- Disodium Phosphate
- Sodium Alginate, Sodium Benzoate, Sodium Hydroxide, Sodium Propionate, Sodium Bisulfate, Sodium Nitrate, Sodium Caseinate
- Brine
- Garlic Salt, Onion Salt, celery Salt
- Soy Sauce

SUGAR (Hint: Watch for words ending in “ose”) aka....

- Glucose, Fructose, Sucrose, Maltose, Lactose, Honey
- Liquid Sugar, Invert Sugar, Liquid Invert Sugar, Syrup
- Galactose, Dextrose, Dextrin, Corn Syrup Solids, Molasses, Raisins

SUGAR ALCOHOLS (Hint: Watch for words ending in “ol”) aka....

- Isomalt (also known as Palatinit)
- Lactitol & Disaccharides
- Mannitol, Maltitol, Sorbitol, Xylitol



What Do Nutrition Claims Mean?

Consumers can have confidence in nutrition claims because regulations, from Health Canada, specify the criteria that a food must meet to qualify for a claim, and regulations specify the wording that must be used in nutrition claims to ensure that they are consistent and not misleading.

Nutrient Content Claims and Their Meaning

This table provides a list of some of the more common nutrient claims and what they mean.

| Key Words | What they mean |
|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Free Sodium-free Cholesterol-free | An amount of a nutrient so small, health experts consider it nutritionally insignificant <ul style="list-style-type: none"> • Less than 5 mg of sodium* • Less than 2 mg of Cholesterol, and low in saturated fat (includes a restriction on <i>trans</i> fat)* • not necessarily low in total fat |
| Low Low fat Low in saturated fat | Always associated with a very small amount of a nutrient <ul style="list-style-type: none"> • 3 g or less of fat* • 2 g or less of saturated and <i>trans</i> fats combined* |
| Reduced Reduced in Calories | At least 25% less of a nutrient compared with a similar product <ul style="list-style-type: none"> • At least 25% less energy than the food to which it is compared |
| Source Source of fibre Good source of calcium | Always associated with a “significant” amount <ul style="list-style-type: none"> • 2 g or more of fibre* • 165 mg or more of calcium* |
| Light | When referring to a nutritional characteristic of a product, it is allowed only on foods that are either “reduced in fat” or “reduced in energy” (Calories) <ul style="list-style-type: none"> • Explanation on the label of what makes the food “light”; this is also true if “light” refers to sensory characteristics, such as “light in colour” ** |

* Per reference amount and per serving of stated size (specific amount of food listed in the Nutrition Facts)

**Three exceptions that do not require an explanation are “light maple syrup,” “light rum” and “light salted” with respect to fish. Note that a separate provision is made for the claim “lightly salted” which may be used when a food contains at least 50% less added sodium compared with a similar product.

(Information taken from Health Canada, “Nutrition Labelling...Get the Facts!”)