

How to use a nutrition facts table

Nutrition facts tables show the calories and important nutrients in foods. This information can help you compare foods.

1. Look at the serving size. Similar foods have similar serving sizes. The nutrients are based on the serving size.
2. Look at the calories. This is the amount of energy in one serving of the food.
3. Find the % Daily Value (%DV). This tells you if a food has a little or a lot of a nutrient.
 - 5 per cent or less is a little
 - 15 per cent or more is a lot
4. Try to get foods that have more fibre, vitamins and minerals.
5. Try to get foods that have less saturated fat, sodium and sugars.

Nutrition Facts			
Per 12 crackers (20 g)			
Amount		% Daily Value	
Calories 90			
Fat 4 g			6 %
Saturated 1 g			4 %
+ Trans 0 g			
Cholesterol 0 mg			0 %
Sodium 160 mg			7 %
Potassium 25 mg			1 %
Carbohydrate 13 g			4 %
Fibre 0 g			0 %
Sugars 1 g			
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	4 %

Adapted from Canada.ca • Photo: Jade Chan