

Using Food Labels

The best way to know how much carbohydrate, fat and sodium are in the foods you eat is to look at the label on the package.

Serving Size

All of the information on the label is based on this serving size. If you eat double the serving size, the nutrients will need to be doubled as well.

Fat

This gives the total grams of fat in a serving of food.

- Choose foods lower in fat
- Aim for $\leq 5\%$ Daily Value (DV)
- Choose foods *low in saturated fat and with no trans fat*

Sodium

This shows the total milligrams of sodium in a serving of food. High sodium foods may increase your blood pressure.

- Choose lower sodium foods
- Consider that a Daily Value (DV) of 5% is a little and 15% is a lot

Carbohydrate

This shows the total grams of carbohydrate in one serving. Carbohydrate includes all starch, sugar, dietary fibre and sugar alcohol.

- Subtract the grams of **Fibre** and **Sugar Alcohol** from the grams of carbohydrate before using the Conversion Guide
- Aim for $\geq 15\%$ Daily Value (DV) of fibre when comparing products

Nutrition Facts	
Per 90 g serving (2 slices)	
Amount	% Daily Value
Calories 170	
Fat 2.7 g	4 %
Saturated 0.5 g + Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 200 mg	8 %
Carbohydrate 36 g	13 %
Fibre 6 g	24 %
Sugars 3 g	
Protein 8 g	
Vitamin A 1 %	Vitamin C 0 %
Calcium 2 %	Iron 16 %

Conversion Guide

Carbohydrate Grams	Carbohydrate Choices
0-5.....	0
6-10.....	1/2
11-20.....	1
21-25.....	1 1/2
26-35.....	2
36-40.....	2 1/2
41-50.....	3
51-55.....	3 1/2
56-65.....	4
66-70.....	4 1/2
71-80.....	5
81-85.....	5 1/2
86-95.....	6
96-100.....	6 1/2
101-110.....	7

Shopping Guide

Nutrient Claims

No Sugar Added – Product does not have any sugar added; may contain natural sugar

High Fibre – Contains ≥ 4 g of fibre per serving

Source of Fibre – Contains ≥ 2 g of fibre per serving

Low Fat – Contains ≤ 3 g of fat per serving

Product	Choose
Cereal	<ul style="list-style-type: none"> High fibre (≥ 4 g of fibre)
Crackers	<ul style="list-style-type: none"> Low fat (≤ 3 g of fat) Whole grain Lower sodium (< 200 mg sodium)
Cookies	<ul style="list-style-type: none"> Low fat (aim for < 3 g of fat)
Pasta	<ul style="list-style-type: none"> Whole grain pasta (≥ 4 g fibre)
Rice	<ul style="list-style-type: none"> Converted, parboiled or whole grain rice
Vegetables	<ul style="list-style-type: none"> Fresh, frozen, no salt added
Fruit	<ul style="list-style-type: none"> Fresh, frozen, or canned fruit in its own juice
Fruit & Vegetable Drinks	<ul style="list-style-type: none"> Reduced sugar or no sugar added Reduced salt
Milk and Yogurt	<ul style="list-style-type: none"> Low fat varieties (Skim or 1%)
Cheese	<ul style="list-style-type: none"> Lower fat ($< 20\%$ M.F.)
Frozen Treats	<ul style="list-style-type: none"> Low fat ($< 1\%$ M.F.) No added sugar
Eggs	<ul style="list-style-type: none"> Added omega 3 fats
Poultry	<ul style="list-style-type: none"> Unbreaded or skinless
Seafood	<ul style="list-style-type: none"> Unbreaded Packed in water
Red Meat	<ul style="list-style-type: none"> Lean cuts (tenderloin, sirloin)
Jam and Syrup	<ul style="list-style-type: none"> No sugar added
Margarine	<ul style="list-style-type: none"> Non hydrogenated
Mayonnaise & Salad Dressing	<ul style="list-style-type: none"> Fat free or low fat
Snack food	<ul style="list-style-type: none"> Low fat and reduced sodium
Beverages	<ul style="list-style-type: none"> Look for no sugar added
Soup	<ul style="list-style-type: none"> Low fat (< 3 g) Low sodium (< 200 mg sodium)
Frozen Entrees	<ul style="list-style-type: none"> Low fat (< 10 g of fat) Lower sodium (< 500 mg sodium)

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