



# Using Food Labelling and Canada's Food Guide to Make the Healthier Choice

Health Canada has introduced changes to food labelling based on consumer feedback. The food industry has been implementing these changes. The Nutrition Facts table and the ingredients list are two sources of valuable information on food packaging.

## Compare the original and the new ingredients lists below to see some of the changes which include:

- grouping together sugars-based ingredients in brackets after the name 'sugars' to help identify all of the sources of sugars added to a food, and
- listing food colours by their individual common names.

### CURRENT

**INGREDIENTS:** FLOUR, FANCY MOLASSES, VEGETABLE OIL, SHORTENING, BROWN SUGAR, LIQUID WHOLE EGG, SUGAR, CONTAINS: WHEAT, EGG

### UPCOMING

**Ingredients:** Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red  
**Contains:** Wheat • Egg

## Compare the current and the upcoming Nutrition Facts tables below to see some of the changes.

### CURRENT

Nutrition Facts	
Valeur nutritive	
Per 250 mL / par 250 mL	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 110	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0%
Carbohydrate / Glucides 26 g	9%
Fibre / Fibres 0 g	
Sugars / Sucres 22 g	
Protein / Protéines 2 g	
Vitmain A / vitamine A	0%
Vitamin C / Vitamine C	120%
Calcium / Calcium	2%
Iron /Fer	0%

### UPCOMING

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL)	
pour 1 tasse (250 mL)	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
<b>Calories 110</b>	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0%
Sugars / Sucres 22 g	22%
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0%
Potassium 450 mg	10%
Calcium 30 mg	2%
Iron /Fer 0 mg	0%

Calories is larger and stands out more with bold line below →

Serving size stands out more and is more similar on similar foods ←

Daily Values updated ←

New % Daily Values for total sugars ←

mg amounts are shown

Updated list of minerals of public health concern

New % Daily Value footnote →

\*5% or less is a **little**, 15% or more is a **lot**  
 \*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

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Use the steps on page 2 to help you use the Nutrition Facts Table to compare products. Together with Canada's new Food Guide, food label information can support healthier food choices.

## Step 1

Start by comparing the serving size when comparing two products. Use the serving size described in milliliters (mL) or in grams (g).

As the food industry begins to catch up with the changes you will see the Nutrition Facts Tables using similar serving sizes for similar products.

## Step 2

Use the % Daily Value (% DV) to see if a serving size has a little or a lot of a nutrient. Keep in mind that 5% DV or less is a little and 15% DV or more means a lot.

## Step 3

Think of Canada's new Food Guide when using the Nutrition Facts Table to make your choices.

- 58% of all Canadians consume more sodium (salt) than what is needed. This is concerning as diets high in sodium are associated with higher blood pressure, which is a risk factor for heart disease. It's hard to get away from sodium in processed foods.
- We should all be trying to increase the amount of fibre each day. The best choices are vegetables and fruit, dried peas & beans, nuts and seeds, and whole grains.
- Iron is an important nutrient. It carries oxygen to all parts of the body, it helps your cells work properly and helps babies' brains and nerves to develop. Go to the Healthy Eating section at [www.healthunit.org](http://www.healthunit.org) for more information on iron.
- Try to limit fried foods and baked goods.



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### In addition to using food labels here are some recommendations that can support a healthy eating pattern:

- *Be mindful of your eating habits.*
- *Cook more often.*
- *Enjoy your food.*
- *Eat meals with others.*
- *Eat plenty of vegetables and fruit, whole grain foods and protein foods. Choose protein foods that come from plants more often.*
- *Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.*
- *Make water your drink of choice.*
- *Be aware that food marketing can influence your choices.*
- *Replace saturated fat with unsaturated fat.*

Source: © All Rights Reserved. *Focus on the Facts – How to Use Serving Size and % Daily Value.* Health Canada, 2015.

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