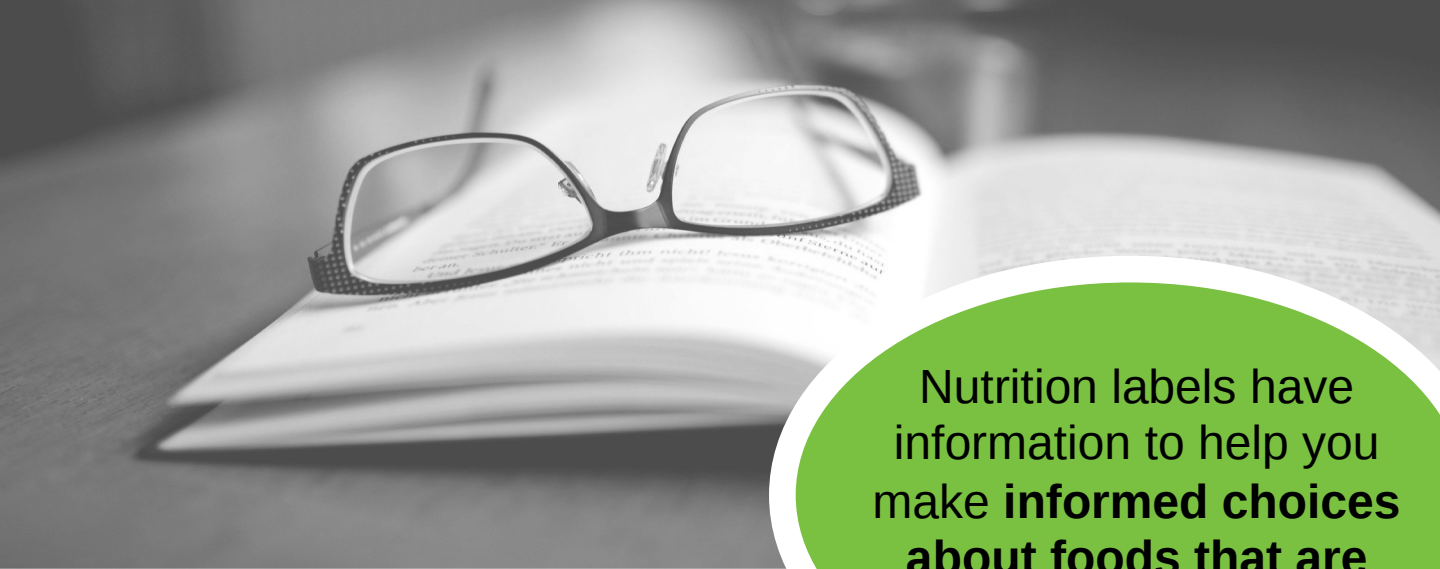


Nutrition Labels

Good nutrition is important at any age



Nutrition labels have information to help you make **informed choices** about foods that are **healthier for you.**

Read nutrition labels while grocery shopping and preparing food.

NUTRITION LABELS

Information found on nutrition labels:

- 1 Nutrition facts table:** suggested serving size, calories, nutrients (e.g., protein, vitamins, and minerals), and % Daily Values
- 2 Ingredient list:** ingredients in a product by weight (most to least)
- 3 Nutrition claims:** nutrient content and health benefit claims
- 4 Allergen labels:** food allergen and gluten warnings
- 5 Date labels:** how long your unopened product will last safely
 - Examples: “best before date” and “expiration date”

MAKING INFORMED CHOICES

Nutrition labels can help you **compare and choose foods**, and know what **ingredients a food product contains**.

Tips to make informed choices with nutrition labels:

Look at **servicing sizes** to:

- Understand how much of a nutrient you are eating in a serving
 - **Adjust values and calories** based on how much you eat
- Compare calories and nutrients between similar products

Read the **% Daily Value**:

- **5% or less** means the product has little of the nutrient
- **15% or more** means the product has a lot of the nutrient

Choose what you want to **focus on**:

- **Nutrition claims** can help you choose foods that have a nutrient that you want more of (e.g., protein, iron, or calcium)
- **% Daily Values** can help you choose foods lower in saturated fat, trans fat, cholesterol, sodium, and sugar

INGREDIENTS WITH MANY NAMES

Nutrient	Other names
Saturated fat and trans fat	Butter, margarine, lard, hydrogenated fat or oil, shortening, meat fats, tallow
Sodium	Salt, words with “sodium”, brine
Sugar	Syrup, juice, honey, words ending in “ose” (e.g., glucose or maltose), molasses

More ingredient names can be found [here](#).

Brought to you by the Nutrition & Aging Lab at the University of Waterloo.

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