



# Using the Nutrition Facts Table: % Daily Value

## How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

### 1 LOOK at the amount of food

Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

### 2 READ the % DV

The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE**  
 15% DV or more is a **LOT** } This applies to all nutrients.

### 3 CHOOSE

Make a better choice for you. Here are some nutrients you may want...

#### less of

- Fat
- Saturated and trans fats
- Sodium

#### more of

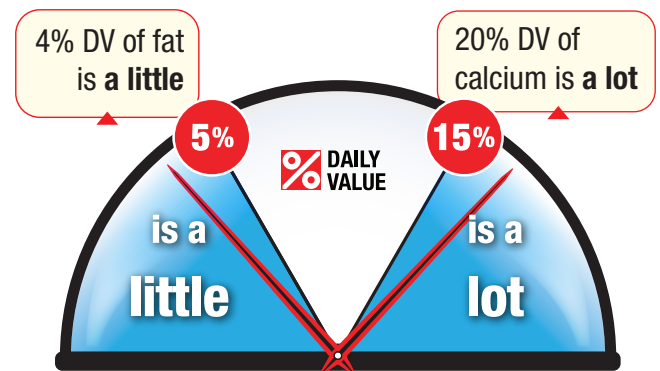
- Fibre
- Vitamin A
- Calcium
- Iron

#### Here is an example of how to choose:

You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has a **little** fat (4% DV) and a **lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!

Yogurt

| Nutrition Facts          |               |
|--------------------------|---------------|
| Per 3/4 cup (175 g)      |               |
| Amount                   | % Daily Value |
| <b>Calories</b> 160      |               |
| <b>Fat</b> 2.5 g         | <b>4 %</b>    |
| Saturated 1.5 g          | <b>8 %</b>    |
| + Trans 0 g              |               |
| <b>Cholesterol</b> 10 mg |               |
| <b>Sodium</b> 75 mg      | <b>3 %</b>    |
| <b>Carbohydrate</b> 25 g | <b>8 %</b>    |
| Fibre 0 g                | <b>0 %</b>    |
| Sugars 24 g              |               |
| <b>Protein</b> 8 g       |               |
| Vitamin A 2 %            | Vitamin C 0 % |
| Calcium 20 %             | Iron 0 %      |



## How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:

### 1 LOOK at the amounts of food

Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.

**Cracker A** has 9 crackers and weighs 23 grams.

**Cracker B** has 4 crackers and weighs 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.

### 2 READ the % DVs

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

**Cracker A** has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.

**Cracker B** has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

**Remember:** 5% DV or less is a little and 15% DV or more is a lot. This applies to all nutrients.

### 3 CHOOSE

In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle.

Use the Nutrition Facts table and *Eating Well with Canada's Food Guide* to make healthier food choices.

#### Cracker A

| Nutrition Facts                |     |               |      |
|--------------------------------|-----|---------------|------|
| Per 9 crackers (23 g)          |     |               |      |
| Amount                         |     | % Daily Value |      |
| <b>Calories</b> 90             |     |               |      |
| <b>Fat</b> 4.5 g               |     |               | 7 %  |
| Saturated 2.5 g<br>+ Trans 0 g |     |               | 13 % |
| <b>Cholesterol</b> 0 mg        |     |               |      |
| <b>Sodium</b> 280 mg           |     |               | 12 % |
| <b>Carbohydrate</b> 12 g       |     |               | 4 %  |
| Fibre 1 g                      |     |               | 4 %  |
| Sugars 0 g                     |     |               |      |
| <b>Protein</b> 3 g             |     |               |      |
| Vitamin A                      | 0 % | Vitamin C     | 0 %  |
| Calcium                        | 2 % | Iron          | 8 %  |

#### Cracker B

| Nutrition Facts                |     |               |      |
|--------------------------------|-----|---------------|------|
| Per 4 crackers (20 g)          |     |               |      |
| Amount                         |     | % Daily Value |      |
| <b>Calories</b> 90             |     |               |      |
| <b>Fat</b> 2 g                 |     |               | 3 %  |
| Saturated 0.3 g<br>+ Trans 0 g |     |               | 2 %  |
| <b>Cholesterol</b> 0 mg        |     |               |      |
| <b>Sodium</b> 90 mg            |     |               | 4 %  |
| <b>Carbohydrate</b> 15 g       |     |               | 5 %  |
| Fibre 3 g                      |     |               | 12 % |
| Sugars 1 g                     |     |               |      |
| <b>Protein</b> 2 g             |     |               |      |
| Vitamin A                      | 0 % | Vitamin C     | 0 %  |
| Calcium                        | 2 % | Iron          | 8 %  |

#### Did you know?

You may be able to compare products that don't have similar amounts of food.

For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 2 slices of bread (70 g) because you would most likely eat either amount of food at one meal.

