

Nutrition Label Reading & Ultra-Processed Food

July 8th at 1:30pm MT

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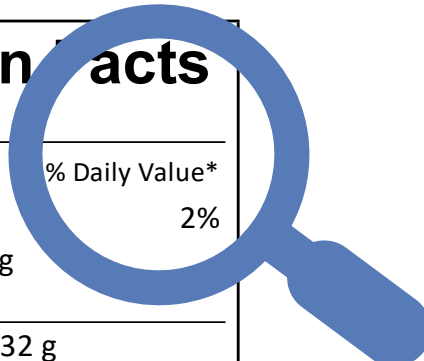


Land Acknowledgement



Learning Objectives

- Describe the key components of a nutrition label
- Define ultra-processed foods and their impact on health
- Learn to use front-of-package labels to choose healthier foods
- Apply nutrition label knowledge to compare products and select healthier options



Nutrition Facts		
Per 1 cup (39 g)		
Calories 153	% Daily Value*	
Fat 2 g		2%
Saturated 0 g		
+ Trans 0 g		
Carbohydrate 32 g		
Fibre 3 g		10%
Sugars 13 g		13%
Protein 3 g		
Cholesterol 0 mg		
Sodium 224 mg		10%
Potassium 97 mg		2%
Calcium 155 mg		12%
Iron 6 mg		31%
Vitamin C 0 mg		0%
*5% or less is a little, 15% or more is a lot		



Source of fibre

Nutrition Claim

Front-of-Package Label

Health Claims

Multigrain™ CEREAL	
Nutrition Facts	
Per 1 cup (30 g)	
Calories 150	% Daily Value*
Fat 1.5 g	2 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Carbohydrate 33 g	
Fibre 3 g	11 %
Sugars 15 g	15 %
Protein 2 g	
Cholesterol 0 mg	
Sodium 160 mg	7 %
Potassium 75 mg	2 %
Calcium 40 mg	3 %
Iron 4 mg	22 %
Thiamine 0.05 mg	4 %
Riboflavin 0.03 mg	2 %
Niacin 1 mg	6 %
Vitamin B ₆ 0.175 mg	10 %
Folate 20 µg DFE	5 %
Phosphorus 100 mg	8 %
Magnesium 20 mg	5 %
Zinc 0.4 mg	4 %
*5% or less is a little, 15% or more is a lot	
Ingredients: Whole grain gluten-free oats • Sugars (sugar, golden sugar, refiner's syrup) • Whole grain corn • Corn starch • Brown rice flour • Corn bran • Whole sorghum flour • Whole millet flour • Salt • Calcium carbonate • Trisodium phosphate • Monoglycerides • Caramel and annatto colour • Tocopherols • Iron • Niacinamide • Pyridoxine hydrochloride • Folic acid.	

Nutrition Facts Table

- Serving sizes
- % Daily Value

Ingredient List

1

Nutrition Facts Table

- Opportunity to **learn about a food's nutritional value**
- Informs the individual on calories & specific nutrients, such as fibre, fat, sugar, & sodium
- Helps to compare nutritional quality of similar foods
- Necessary to manage special dietary requirements

Nutrition Facts

Per 1 cup (30 g)

Calories 150

% Daily Value*

Fat 1.5 g 2 %
 Saturated 0.3 g 2 %
 + Trans 0 g

Carbohydrate 33 g
 Fibre 3 g 11 %
 Sugars 15 g 15 %

Protein 2 g

Cholesterol 0 mg

Sodium 160 mg 7 %

Potassium 75 mg 2 %

Calcium 40 mg 3 %

Iron 4 mg 22 %

Thiamine 0.05 mg 4 %

Riboflavin 0.03 mg 2 %

Niacin 1 mg 6 %

Vitamin B₆ 0.175 mg 10 %

Folate 20 µg DFE 5 %

Phosphorus 100 mg 8 %

Magnesium 20 mg 5 %

Zinc 0.4 mg 4 %

*5% or less is **a little**,
 15% or more is **a lot**

1

Which Foods have a Nutrition Facts Table?

Yes	No
Packaged Snacks	Fresh Fruits and Vegetables
Frozen Meals	Refillable Glass Dairy Containers
Canned Foods	Pre-packaged Individual Containers
	Very Small Packages
	Items with Limited Calories/Nutrients
	Raw Meat
	Alcohol

1 Nutrition Facts Table – Serving Sizes

- Shows the **nutrition information for a specific amount of food**
- Always listed at the top of the Nutrition Facts Table
- Not meant to be the recommended amount of food to be eaten
- Can use this information to compare similar food products or consumption to serving size

Nutrition Facts	
Per 1 cup (30 g)	
Calories 150	% Daily Value*

1 Nutrition Facts Table – Serving Sizes

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Nutrition Facts	
Per 1 cup (30 g)	
Calories 150	% Daily Value*

2 cups:
150 calories x 2 = **300 calories**

1 Nutrition Facts Table – % Daily Value

- The % Daily Value helps customers evaluate the nutritional content in a food product
- % DV can help make quick product comparisons
- % DV isn't meant to track all nutrients you eat in a day

≤5% is a little

≥15% is a lot

Nutrition Facts	
Per 1 cup (30 g)	
Calories 150	% Daily Value*
Fat 1.5 g	2 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Carbohydrate 33 g	
Fibre 3 g	11 %
Sugars 15 g	15 %
Protein 2 g	
Cholesterol 0 mg	
Sodium 160 mg	7 %
Potassium 75 mg	2 %
Calcium 40 mg	3 %
Iron 4 mg	22 %
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% daily value

Rule of thumb
footnote

2 Ingredient List

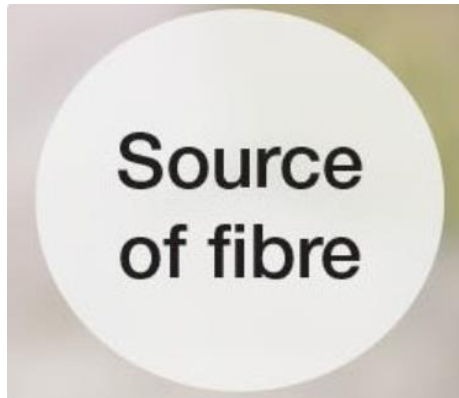
- Shows all the ingredients in a packaged food
- Helps to identify **nutrients, allergens, food sensitivities**, and **culturally-relevant foods**
- Ingredients are listed in decreasing order by their weight

Ingredients: Whole grain gluten-free oats • Sugars (sugar, golden sugar, refiner's syrup) • Whole grain corn • Corn starch • Brown rice flour • Corn bran • Whole sorghum flour • Whole millet flour • Salt • Calcium carbonate • Trisodium phosphate • Monoglycerides • Caramel and annatto colour • Tocopherols • Iron • Niacinamide • Pyridoxine hydrochloride • Folic acid.

③ & ④ Nutrition and Health Claims

- Provides information about nutrients the manufacturer wants to highlight
- **Nutrient Claim:** tells you about the **amount of a nutrient**
- **Health Claim:** tells you about **what a nutrient does**

Nutrient Claim



Health Claim



Health claims are not regulated so always check the Nutrition Facts Table to make an education choice

Ultra-Processed Foods and Front-of-Package Labels



What are Ultra-Processed Foods (UPF)?

UPF are industrially made foods that have greatly changed from their natural form, containing few, or any, whole ingredients

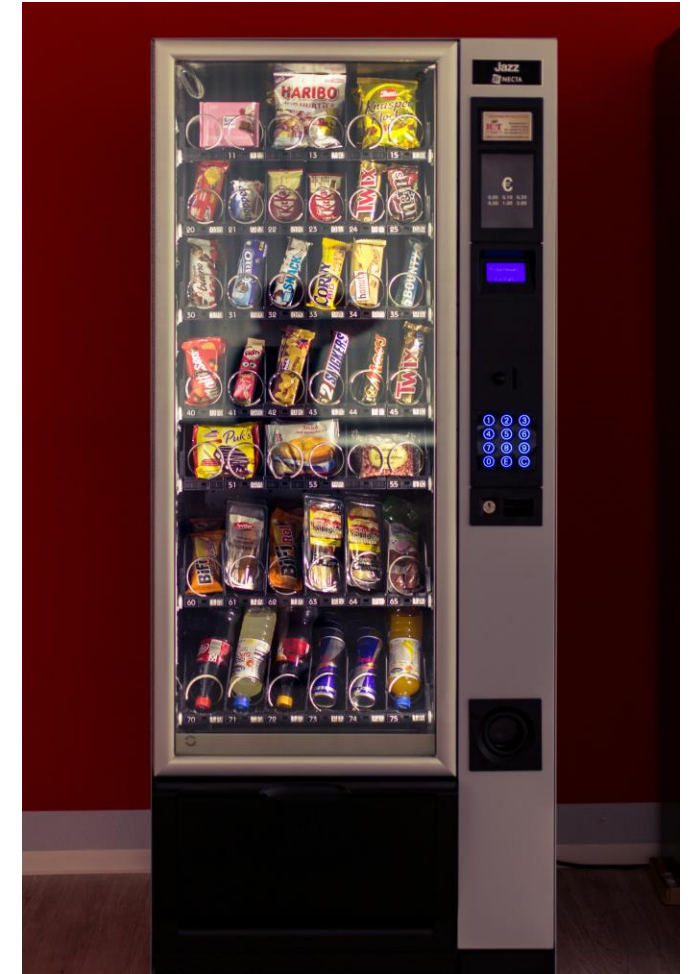
- High in calories, added sugars, saturated fats, and sodium, and low in nutrition
- Products range from ready-to-eat or ready-to-heat foods



What are Ultra-Processed Foods (UPF)?

- High in preservatives, making them shelf-stable and attractive to stores
- Typically, lower in cost
- UPF are often more accessible in rural and remote communities, rather than fresh or minimally processed foods

Limited access to affordable, nutritious foods can make it difficult for people to eat well and maintain health



Examples of Ultra-Processed Foods

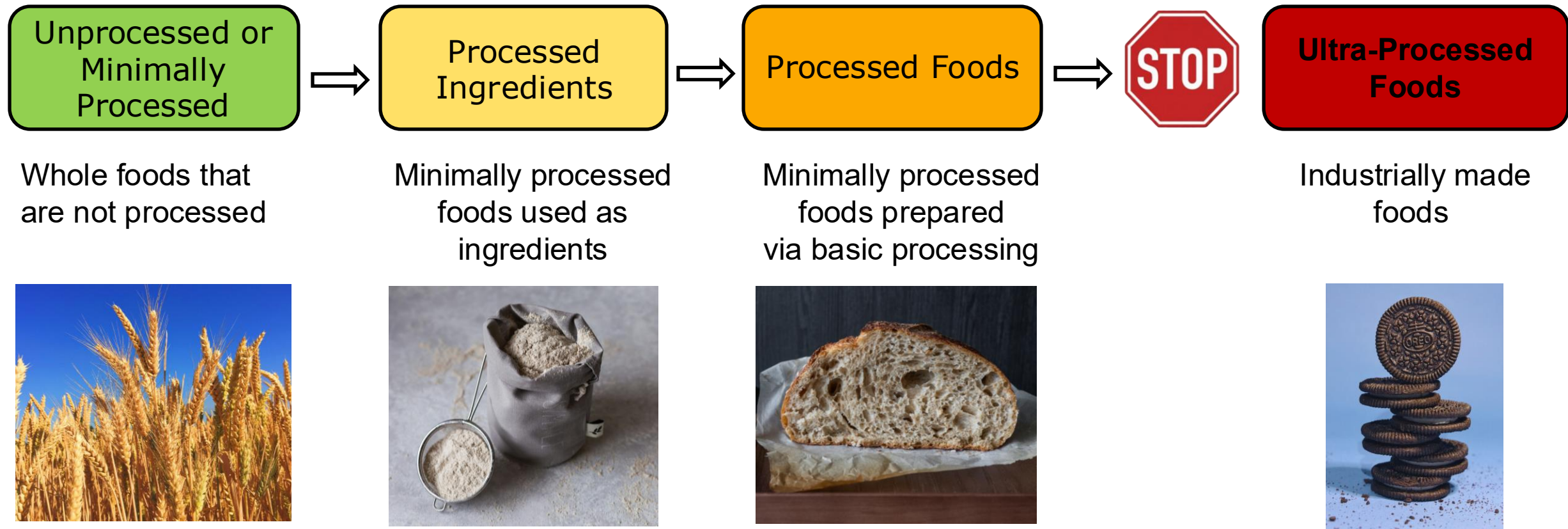
- Sugary breakfast cereals
- Sugar-sweetened beverages
- Processed meats (e.g. deli meat)
- Potato chips
- Frozen pizza
- Ice cream
- Cookies and baked goods
- Candy
- Fast-food

UPF can be found in gas stations, vending machines, recreation centers, community stores, schools, workplaces, and fast-food restaurants



Levels of Food Processing

All foods and drinks are classified into four processing levels



Are all Processed Foods Unhealthy?

No! Some processed foods can be **nutritious** and **convenient**, without adding extra sugar, salt, or fat to your diet

Examples:

- Frozen fruits and vegetables
- Canned fish, beans, and vegetables
- Whole grain breads
- Yogurt, cheese, milk



Identify the UPF

Ice Cream



Milk



Identify the UPF

Ice Cream



Milk



Identify the UPF

Roasted Potatoes



French Fries



Identify the UPF

Roasted Potatoes



French Fries

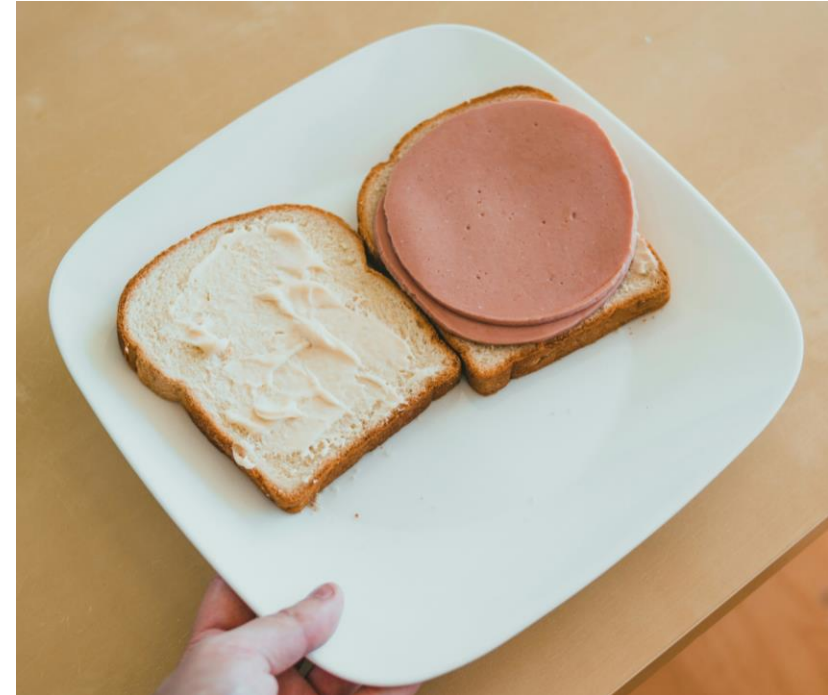


Identify the UPF

Leftover Turkey Meat



Bologna

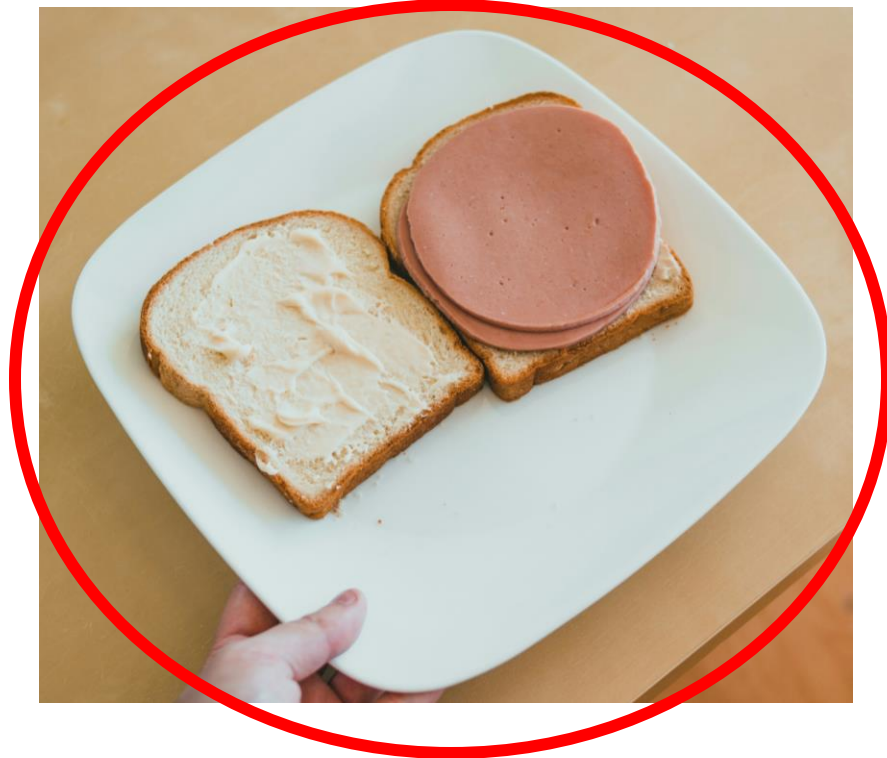


Identify the UPF

Leftover Turkey Meat

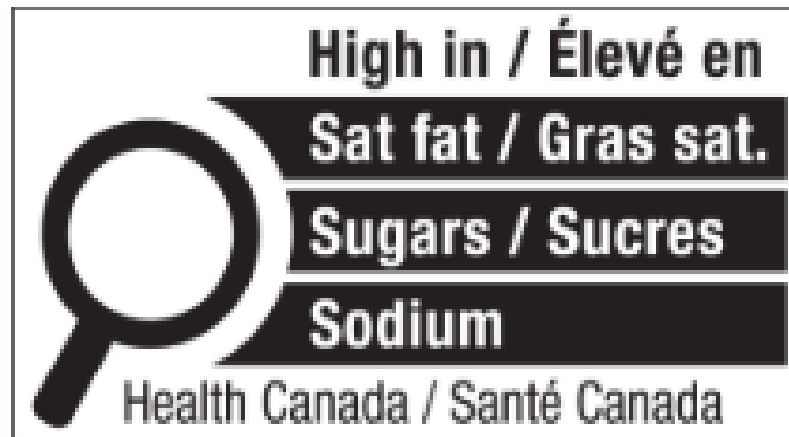


Bologna



5 Front-of-Package Labelling

- Nutrition symbol that helps people **find foods high in saturated fat, sugars, and/or sodium**
- Helps people make quick and informed choices when grocery shopping
- Important for reducing one's risk of developing chronic diseases, such as obesity, heart disease, type 2 diabetes, and/or high blood pressure



5 Front-of-Package Labelling

- Mandatory for most prepackaged foods that are high in saturated fat, sugars, and/or sodium
- Appears on most prepackaged foods with a %DV $\geq 15\%$ for each nutrient of concern



Ultra-Processed Foods Impact on Health

- Higher consumption of UPF are linked with risk and development of chronic disease, such as diabetes
- Almost **50%** of calories consumed daily by Canadians, including Indigenous peoples, comes from UPF



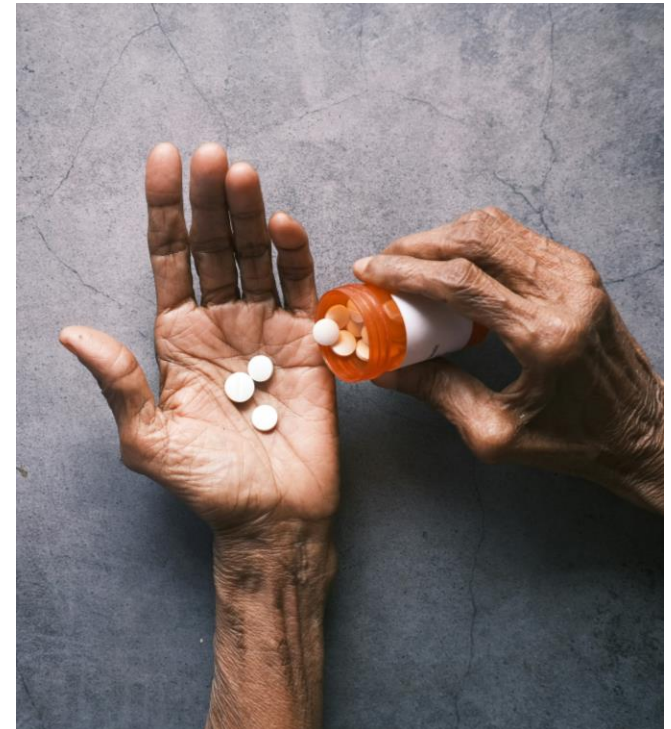
1 in 5 Indigenous people reported having diabetes, compared to the national average of 1 in 10 people

Ultra-Processed Foods Impact on Health

High consumption of:

- **Saturated fat** can lead to heart disease, colorectal cancer
- **Sugar** can lead to obesity, type 2 diabetes, cavities
- **Sodium** can lead to high blood pressure, heart disease

Beware of the 3 S's:
Saturated fat, Sugar, & Sodium



Practice: Which product is high in saturated fats?



Practice: Which product is high in saturated fats?



Practice: Which product is high in sodium?



Practice: Which product is high in sodium?



Let's Practice

Steps to Reading a Nutrition Label

Follow the steps below to make an informed choice:

1. Check to see if there is a Front-of-Package label
2. Identify the serving size
3. Look at the calories
4. Use the % Daily Value (DV)
5. Look at the ingredient list
6. Make a decision!



Ingredients: Whole grain gluten-free oats • Sugars (sugar, golden sugar, refiner's syrup) • Whole grain corn • Corn starch • Brown rice flour • Corn bran • Whole sorghum flour • Whole millet flour • Salt • Calcium carbonate • Trisodium phosphate • Monoglycerides • Caramel and annatto colour • Tocopherols • Iron • Niacinamide • Pyridoxine hydrochloride • Folic acid.

Nutrition Facts

Per 1 cup (30 g)

Calories 150

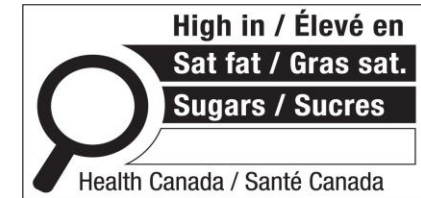
% Daily Value*

Fat 1.5 g	2 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Carbohydrate 33 g	
Fibre 3 g	11 %
Sugars 15 g	15 %
Protein 2 g	
Cholesterol 0 mg	
Sodium 160 mg	7 %
Potassium 75 mg	2 %
Calcium 40 mg	3 %
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Vitamin B ₆ 0.175 mg	10 %
Folate 20 µg DFE	5 %
Phosphorus 100 mg	8 %
Magnesium 20 mg	5 %
Zinc 0.4 mg	4 %

*5% or less is **a little**,
15% or more is **a lot**

Which would you choose?

1. Check to see if there is a Front-of-Package label
2. Identify the serving size
3. Look at the calories
4. Use the % Daily Value (DV)
5. Look at the ingredient list
6. Make a decision!



Coffee (milk + sweetener)

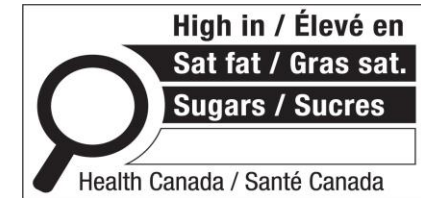
Nutrition Facts		
Per Large (591 mL)		
Calories 36	% Daily Value*	
Fat 1 g		2%
Saturated 0 g		2%
+ Trans 0 g		
Carbohydrate 5 g		
Fibre 0 g		0%
Sugars 5 g		5%
Protein 2 g		
Cholesterol 5 mg		
Sodium 27 mg		1%
Potassium 82 mg		2%
Calcium 71 mg		5%
Iron 0 mg		0%
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Double-double coffee

Nutrition Facts		
Per Large (591 mL)		
Calories 225	% Daily Value*	
Fat 14 g		19%
Saturated 4 g		21%
+ Trans 0 g		
Carbohydrate 30 g		
Fibre 0 g		0%
Sugars 30 g		30%
Protein 4 g		
Cholesterol 30 mg		
Sodium 80 mg		3%
Potassium 0 mg		0%
Calcium 176 mg		14%
Iron 0 mg		0%
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Which would you choose?

1. Check to see if there is a Front-of-Package label
2. Identify the serving size
3. Look at the calories
4. Use the % Daily Value (DV)
5. Look at the ingredient list
6. Make a decision!



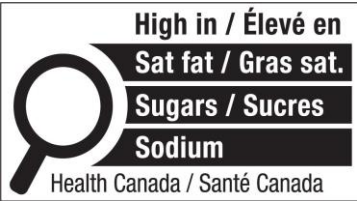
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Which would you Choose?



Homemade Muffin

Nutrition Facts		
Per 1 muffin (45 g)		
Calories	133	% Daily Value*
Fat	5 g	7%
Saturated	1 g	5%
+ Trans	0 g	
Carbohydrate	19 g	
Fibre	1 g	4%
Sugars	3 g	3%
Protein	3 g	
Cholesterol	18 mg	
Sodium	210 mg	9%
Potassium	54 mg	1%
Calcium	90 mg	7%
Iron	1 mg	6%
Vitamin C	0 mg	0%
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Store Bought Blueberry Muffin

Nutrition Facts		
Per 1 muffin (113 g)		
Calories	424	% Daily Value*
Fat	19 g	25%
Saturated	3 g	17%
+ Trans	0 g	
Carbohydrate	60 g	
Fibre	1 g	4%
Sugars	36 g	36%
Protein	5 g	
Cholesterol	34 mg	
Sodium	380 mg	17%
Potassium	137 mg	3%
Calcium	50 mg	4%
Iron	1 mg	8%
Vitamin C	1 mg	1%
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Which would you Choose?



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Tips on Reducing Ultra-Processed Food Consumption

**Read food
labels**

**Plan ahead to
avoid eating out**



**Choose less
processed foods
most often**

**Replace sugary
drinks with water or
unsweetened
beverages**

Make it at home

Want to Learn More?

Ultra-Processed Foods Handout:
[AB_2026_Ultraprocessedfoods_PU_FINAL.pdf](#)

Ultra-Processed Foods (UPF)

The global rise in ultra-processed foods is a significant health concern as they are linked to numerous health risks, including obesity, heart disease, diabetes, and mental health disorders.

What are Ultra-Processed Foods and why are they a concern?

- UPF are foods that have been greatly changed from their natural form and may include ingredients not available to home cooks.
- UPF are high in calories from added sugars, unhealthy fats, sodium, and preservatives. But ultra-processed foods are low in nutrition.
- The preservatives in UPF mean they are shelf stable and attractive to stores.
- UPF are often lower cost than whole foods despite higher food transportation costs.
- UPF are often more accessible in rural and remote communities, when access to fresh or minimally processed foods may be limited.
- **Limited access to affordable, nutritious foods can make it difficult for people to eat well and maintain health.**

Do Ultra-Processed Foods impact your health?

Research from multiple countries has indicated that the consumption UPF is harmful to overall human health and is associated with the development of chronic diseases.

Diets with higher amounts of UPF are linked with:

- Overweight and obesity
- Cancer
- Heart disease
- Type 2 diabetes
- Mental disorders

Almost **50%** of calories consumed daily by Canadians, including First Nations peoples, comes from UPF.



1 in 5 First Nations peoples reported having diabetes, compared to the national average of 1 in 10 people.

Levels of Food Processing

All foods and beverages are divided into four groups based on the level of food processing, called the NOVA Classification System.



Unprocessed or Minimally processed: Whole foods which did not undergo processing such as fruits, vegetables, grains, meats, eggs



Processed Ingredients: Minimally processed foods used to season, cook, and create meals like oil, sugar, honey, salt, butter



Processed foods: Minimally processed foods that use preservation or cooking methods including breads, cheese, canned fruits or vegetables



Ultra processed foods: Food products derived from foods or parts of foods like cookies, cakes, sugary drinks, fast-food

Summary

- 5 sections on a food product: nutrition facts table, ingredient list, nutrition claims, health claims, and front-of-package labels
- Ultra-processed foods negatively impact our health
- Beware of the 3 S's: Saturated fat, Sugar, Sodium
- Nutrition label reading can help customers select healthier products



