Label Reading Questions (Before)

1. A healthy food might have lots of:
    a) Cholesterol
    b) Sugar
    c) Fibre
    d) Saturated fat

2. The best source of nutrition information on a food package is:
    a) The ingredient list
    b) Nutrition claims on the front of the package
    c) The Nutrition Facts Table
    d) All of the above

3. Which granola bar is healthier?
    a) Chocolate dip b) Oatmeal to go

Nutrition Facts	% Daily Value	
1 Serving 1 bar (30g)		
Calories	140	
Total fat	6 g	9%
Saturated fat	4 g	20%
Sodium	80 mg	3%
Carbohydrate	22 g	7%
Sugar	12 g	
Fibre	1 g	4%
Protein	2 g	

Nutrition Facts	% Daily Value	
1 serving ½ bar (30g)		
Calories	105	
Total fat	2 g	3%
Saturated fat	1 g	2%
Sodium	115 g	5%
Carbohydrate	22 g	7%
Sugar	7 g	
Fibre	5 g	24%
Protein	2 g	

4. Answer the following question using the scale below:

    I would feel comfortable teaching someone in my community how to read food labels.

    Disagree 1 2 3 4 5 Agree

Reading Food Labels

A few questions before we start

1. **A healthy food might have lots of:**
   a) Cholesterol
   b) Sugar
   c) Fibre
   d) Saturated fat

Questions Continued

2. **The best source of nutrition information on a food package is:**
   a) The ingredient list
   b) Nutrition claims on the front of the package
   c) The Nutrition Facts Table
   d) All of the above

3. Which granola bar is healthier?

A. Chocolate dip

Nutrition Facts		% Daily Value
1 Serving 1 bar (31g)		
Calories 140		
Total Fat	6g	9%
Saturated Fat	4g	20%
Sodium	80mg	3%
Carbohydrate	22g	7%
Sugars	12g	
Fibre	1g	4%
Protein	2g	

B. Oatmeal to go

Nutrition Facts		% Daily Value
1 Serving ½ bar (30g)		
Calories 105		
Total Fat	2g	3%
Saturated Fat	0.5g	2%
Sodium	115mg	5%
Carbohydrate	22g	7%
Sugars	7g	
Fibre	5g	21%
Protein	2g	

Answer the following question using the scale below

4. **I would feel comfortable teaching someone in my community member how to read food labels.**

Disagree 1 2 3 4 5 Agree

After this session, you will be able to:

- Read and understand the:
  - Nutrition Facts Table
  - Ingredient List
  - Nutrition Claims

- Make healthier choices within the 4 food groups
- Teach others in your community to read labels

A Story

Alfred is a 40 year old welder with 5 kids. His doctor just told him his cholesterol is high and he has to eat healthier foods with less fat and salt. He buys his food at the local convenience store, where most foods are pre-packaged. He knows there are healthier and less healthy choices but doesn't know how to tell which is which.

Reading Food Labels

Nutrition Labeling on Foods includes:

- the Nutrition Facts table
- the list of ingredients in the food
- sometimes nutrition claims

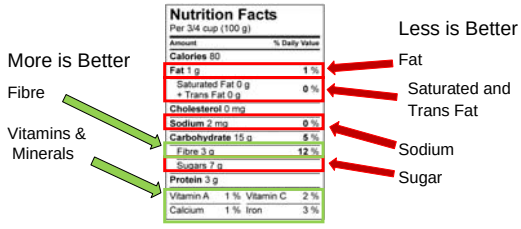
The Nutrition Facts Table:
Your BEST source of information

Nutrition Facts
Per 3/4 cup (100 g)

Amount	% Daily Value
Calories 80	
Fat 1 g	**1** %
Saturated Fat 0 g + Trans Fat 0 g	**0** %
Cholesterol 0 mg	
Sodium 2 mg	**0** %
Carbohydrate 15 g	**5** %
Fibre 3 g	**12** %
Sugars 7 g	
Protein 3 g	
Vitamin A 1 % Vitamin C 2 %	
Calcium 1 % Iron 3 %	

- What should I look for?
- What does it mean?

Reading Food Labels
What to look at



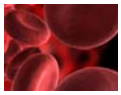
Why more fibre?

- Makes you feel full
- Helps control your weight
- Prevents constipation
- Helps prevent diabetes and control blood sugar
- Helps prevent heart disease and control cholesterol levels

Where do we find fibre?

Why more vitamins & minerals?

- Needed for strong bones
- Needed for strong blood
- Needed for your body to burn energy
- Help fight all diseases from colds to heart disease and cancer



Where do we find vitamins & minerals?

- Important vitamins and minerals in all food groups!

Vitamin D, Vitamin A, Magnesium, potassium

B vitamins, iron

Iron, vitamin B12 and B6

Calcium, Vitamin D, Vitamin B2, Vitamin A

Why less fat, sodium and sugar?

- Fat, saturated fat, trans fat
  - Too much leads to heart disease and strokes.
  - Too much can also lead to weight gain
- Sodium – aka salt
  - Too much causes high blood pressure

- Sugar
  - Too much can lead to weight gain and tooth decay (cavities)

Where do we find fat, sodium, sugar?

High Fat

High Sodium

High Sugar

Reading the Nutrition Facts Table

The Nutrition facts table can tell us:

1. Which food is a healthier choice when we compare two foods
2. If a food is a healthy choice based on some handy rules of thumb

Reading Food Labels

Check the serving size

- This can contains 120 g of tuna. The nutrition facts are based on ½ can.
- When comparing 2 foods, make sure the serving sizes are the same.

Light Tuna (120 g drained weight)

Nutrition Facts
Per 1/2 can (60 g drained)

Amount	% Daily Value
Calories 60	
Fat 0.4 g	**1** %
Saturated Fat 0.1 g + Trans Fat 0 g	**1** %
Cholesterol 30 mg	
Sodium 240 mg	**10** %
Carbohydrate 0 g	**0** %
Fibre 0 g	**0** %
Sugars 0 g	
Protein 14 g	
Vitamin A 1 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %

How to compare 2 foods

Which cracker is healthier?

Cracker #1

Nutrition Facts
Per 4 crackers (20 g)

Amount	% Daily Value
Calories 90	
Fat 3 g	**5** %
Saturated Fat 0.5 g + Trans Fat 1 g	**8** %
Cholesterol 0 mg	
Sodium 132 mg	**6** %
Carbohydrate 14 g	**5** %
Fibre 2 g	**8** %
Sugars 2 g	
Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 4 %

Cracker #2

Nutrition Facts
Per 7 crackers (20 g)

Amount	% Daily Value
Calories 120	
Fat 2.5 g	**4** %
Saturated Fat 0.4 g + Trans Fat 1 g	**7** %
Cholesterol 1 mg	
Sodium 135 mg	**6** %
Carbohydrate 21 g	**7** %
Fibre 3 g	**12** %
Sugars 3 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 6 %

Cracker #2 is lower in fat and higher in fibre!

What if…

Albert wants to pick out a fun snack to eat with his kids during the hockey game. What would be his healthiest choice?

Which is the healthiest choice?

Baked chips

Nutrition Facts
Serving Size 1 oz.

Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0.5g	**3%**
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**7%**
Sugars 3g	
Protein 2g	
Vitamin A 0% •	Vitamin C 4%
Calcium 4% •	Iron 0%

Cheesies

Nutrition Facts
Serving Size 1 oz.

Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 370mg	**16%**
Total Carbohydrate 15g	**5%**
Dietary Fiber less than 1g	**1%**
Sugars less than 1g	
Protein 2g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 4%

Regular chips

Nutrition Facts
Serving Size 1 oz.

Amount Per Serving	
Calories 150	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**16%**
Saturated Fat 1g	**6%**
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 4.5g	
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**7%**
Potassium 330mg	**9%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 2g	
Vitamin A 0% •	Vitamin C 10%
Calcium 0% •	Iron 2%

How to tell if a food is healthy

Nutrition Facts
Per 3/4 cup (100 g)

Amount	% Daily Value
Calories 80	
Fat 1 g	**1** %
Saturated Fat 0 g + Trans Fat 0 g	**0** %
Cholesterol 0 mg	
Sodium 2 mg	**0** %
Carbohydrate 15 g	**5** %
Fibre 3 g	**12** %
Sugars 7 g	
Protein 3 g	
Vitamin A 1 %	Vitamin C 2 %
Calcium 1 %	Iron 3 %

Look at the daily value

Use these handy rules of thumb:

- 5% or less is low. Use for fat, sodium and cholesterol
- 10% or less for saturated and trans fat is low
- 15% or more is high. Use for fibre, vitamins and minerals

Source: Steps to a Healthy School Environment School Nutrition Handbook, Alberta Health and Wellness.

Are either of these healthy?

Cheese flavoured popcorn

Nutrition Facts
Per 4.5 cups (50 g)

Amount	% Daily Value
Calories 290	
Fat 20 g	**31** %
Saturated Fat 3.5 g + Trans Fat 5 g	**43** %
Cholesterol 5 mg	
Sodium 470 mg	**20** %
Carbohydrate 25 g	**8** %
Fibre 5 g	**20** %
Sugars 2 g	
Protein 4 g	
Vitamin A 15 %	Vitamin C 0 %
Calcium 4 %	Iron 8 %

Air popped popcorn

Nutrition Facts
Serving Size 2 TBS of unpopped kernels, 5 cups air popped (30g)
Servings Per Container About 12

Amount Per Serving	
Calories 120	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 7g	28%
Sugars 0g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 15%	

List of Ingredients

- All of the ingredients for a food are listed by weight
- The ingredient that is in the largest amount is listed first

Example of a granola-type snack bar:

"flour, sugar, whole oats, water, hydrogenated vegetable oil, honey, milk powder, wheat bran"

INGREDIENTS:
Enriched flour, (wheat *flour*, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), soybean oil, whole grains (barley, millet, triticale, sorghum, rye) whole wheat flour, salt, partially hydrogenated cottonseed oil, baking soda, malted barley flour, calcium carbonate, yeast.

Nutrition Facts		% Daily Value
1 Serving 14g		
Calories 60		
Total Fat	1.5g	2%
Saturated Fat	0	0%
Cholesterol	0	
Sodium	170mg	7%
Carbohydrate	10g	3%
Sugars	0g	
Fibre	0g	0%
Protein	1g	

Nutrition Claims

- **They are:**
  - found only on some food products
  - often on the front of food packages
  - a quick and easy way to get information about a food (but check the Nutrition Facts for complete information)

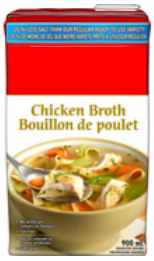
Examples of Nutrient Content Claims

- Sugar-free
- No sugar added
- Trans fatty acid free
- Low calorie
- Low fat
- High source of dietary fibre

It's always a good idea to look at the nutrition facts panel.

Example – Broth 25% Less Sodium

Nutrition Facts		% Daily Value
1 Serving 250ml		
Calories 10		
Total Fat	0	0%
Saturated Fat	0	0%
Cholesterol	0	
Sodium	420mg	18%
Carbohydrate	1g	0%
Sugars	1g	
Fibre	0g	0%
Protein	2g	



Still NOT a low sodium food!

Virtual Grocery Store Tour

Label reading in action!

Vegetables and Fruit

- Choose vegetables more often than fruit
- Choose fresh or frozen instead of canned
- Choose whole fruit and vegetables more often than juice
  - If you're going to have juice, choose 100% fruit juice rather than fruit drinks, beverages or punches

Canned vs. Frozen

Canned Peas

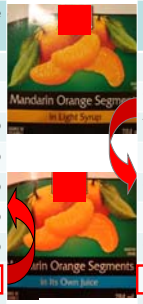
Nutrition Facts		% Daily Value
1 Serving 1 cup		
Calories 73		
Total Fat	0.5	1
Saturated Fat	0.2	2
Cholesterol	0.0	0
Sodium	230mg	17%
Carbohydrate	8.5g	3%
Sugars	3.7g	
Fibre	7.0g	28%
Protein	5.4g	

Frozen Peas

Nutrition Facts		% Daily Value
1 Serving 100 g		
Calories 61		
Total Fat	0.4	1%
Saturated Fat	0.1	1%
Cholesterol	0.0	0%
Sodium	1mg	0%
Carbohydrate	6.4g	2%
Sugars	2.7g	
Fibre	6.4g	26%
Protein	4.8g	

Fruit canned in juice vs. syrup

Nutrition Facts		% Daily Value
1 Serving ½ cup		
Calories 40		
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Carbohydrate	9 g	3%
Sugars	9 g	
Fibre	0g	0%
Protein	1 g	



Nutrition Facts		% Daily Value
1 Serving ½ cup		
Calories 40		
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Carbohydrate	17 g	6%
Sugars	17 g	
Fibre	0g	0%
Protein	1 g	

Fruit vs. Juice

Orange

Nutrition Facts		% Daily Value
1 Serving 1 orange		
Calories 69		
Total Fat	0.2g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Carbohydrate	17.6g	10.3%
Sugars	11.9g	
Fibre	3.1g	12.4%
Protein	1.3g	

Orange Juice

Nutrition Facts		% Daily Value
1 Serving 1/2 cup		
Calories 59		
Total Fat	0.5g	1%
Saturated Fat	0.2g	2%
Cholesterol	0.0mg	0%
Sodium	1mg	0%
Carbohydrate	14.2g	8.4%
Sugars	11.5g	
Fibre	0.3g	1%
Protein	0.89g	

100% Juice vs. Drink Crystals

100% Orange Juice

Nutrition Facts		% Daily Value
1 Serving ½ cup		
Calories 59		
Total Fat	0.5	1%
Saturated Fat	0.2	2%
Cholesterol	0.0	0%
Sodium	1mg	0%
Carbohydrate	14.2g	8.4%
Sugars	11.5g	
Fibre	0.3g	1%
Protein	0.89g	

Orange Drink Crystals

Nutrition Facts		% Daily Value
1 Serving ½ c		
Calories 67		
Total Fat	0	0%
Saturated Fat	0	0%
Cholesterol	0	0%
Sodium	1	0%
Carbohydrate	16.9g	9.8%
Sugars	16.9g	
Fibre	0g	0%
Protein	0g	

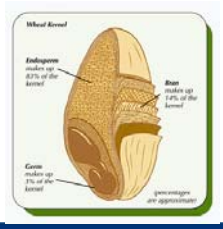
100% Juice vs. Drink Crystals

Ingredients:
Orange juice from concentrate (filtered water, concentrated orange juice).

Ingredients:
Sugar, Fructose, Citric Acid (Provides Tartness), Contains less than 2% of Natural and Artificial Flavor, Ascorbic Acid (Vitamin C), Magnesium Oxide and Calcium Silicate (Prevent Caking), Salt, Artificial Color, Blue 1, Bha (Preserves Freshness).

Grain Products

- Whole grains have more fibre and vitamins and minerals!
- Look for whole grain as the first ingredient on the label (e.g. whole grain flour)
  - Whole Wheat Pasta
  - Brown Rice
  - Whole Grain Breads
  - Whole Grain Cereals



12 Grain vs. Whole Grain Bread

Nutrition Facts		% Daily Value
1 Serving 1 slice (40g)		
Calories 100		
Total Fat	2	3%
Saturated Fat	0.2	1%
Cholesterol	0.0	0%
Sodium	200mg	8%
Carbohydrate	19g	6%
Sugars	4g	
Fibre	1g	5%
Protein	4g	

Nutrition Facts		% Daily Value
1 Serving 1 slice (40g)		
Calories 90		
Total Fat	1	2%
Saturated Fat	0.2	1%
Cholesterol	0.0	0%
Sodium	200mg	8%
Carbohydrate	17g	6%
Sugars	3g	
Fibre	2g	10%
Protein	4g	

Aim for 2g fibre per slice

Cereal

Frosted Flakes

Nutrition Facts / Valeur nutritive		
Serving 3/4 cup (31 g) / Portion de 3/4 tasse (31 g)		
Amount per serving / Teneur par portion	Cereal / Céréales	With 1/2 Cup 2% Milk / Avec 1/2 tasse de lait 2 %
Calories / Calories	120	180
	% Daily Value / % valeur quotidienne	
Fat / Lipides 0 g†	0 %	4 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %	8 %
Cholesterol / Cholestérol 0 mg	0 %	3 %
Sodium / Sodium 160 mg	7 %	10 %
Potassium / Potassium 25 mg	1 %	6 %
Carbohydrate / Glucides 28 g	9 %	11 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 12 g		
Starch / Amidon 15 g		
Protein / Protéines 2 g		

Bran cereal

Nutrition Facts / Valeur nutritive	
Serving 1 cup (34 g) / Portion de 1 tasse (34 g)	
Amount per serving / Teneur par portion	Cereal / Céréales
Calories / Calories	110
	% Daily Value / %
Fat / Lipides 0.5 g†	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 290 mg	12 %
Potassium / Potassium 180 mg	5 %
Carbohydrate / Glucides 27 g	9 %
Fibre / Fibres 5 g	20 %
Sugars / Sucres 4 g	
Starch / Amidon 18 g	
Protein / Protéines 4 g	

Rule of Thumb:
1) more than 4g of fibre
2) less than 8g of sugar

Milk and Alternatives

- Buy skim or partly skimmed milk, yogurt, and cottage cheese (0%, 1%, 2%)
- Look at the %MF (milk fat)

Choose hard cheeses with less than 20% MF = a low fat cheese!

Meat and Alternatives

- Choose lean cuts of meat more often
- Choose fresh meats instead of salted meats like ham, deli meat and hot dogs
- Cook with little or no fat…broil, boil/stew, bake, BBQ, over a fire

Let's Compare…

Salami

Nutrition Facts	
Per 100 g	
Amount	% Daily Value
Calories 250	
Fat 18 g	28 %
Saturated Fat 7 g + Trans Fat 0.4 g	37 %
Cholesterol 60 mg	
Sodium 750 mg	31 %
Carbohydrate 8 g	3 %
Fibre 0 g	
Sugars 0 g	
Protein 13 g	
Vitamin A	2 %
Vitamin C	0 %
Calcium	4 %
Iron	15 %

Roast Deli Beef

Nutrition Facts	
Per 100g	
Amount	% Daily Value
Calories 110	
Fat 3.5 g	5 %
Saturated Fat 1 g + Trans Fat 0.1 g	6 %
Cholesterol 35 mg	
Sodium 850 mg	35 %
Carbohydrate 1 g	1 %
Fibre 0 g	
Sugars 0 g	
Protein 17 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	10 %

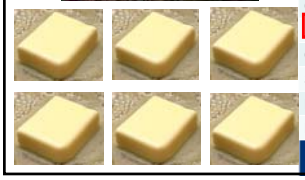
Other Foods Worth Mentioning!

- Frozen Dinners or frozen ready prepared meal
  - Often high in fat and expensive
  - Look for varieties with about 300 cal and 10g of fat or less.
  - Look for less than 30% of your % daily value for sodium

Nutrition Facts	
Serving Size 1 Package (406g)	
Amount Per Serving	
Calories 1,020	Calories from Fat 510
	%Daily Value*
Total Fat 57g	**88%**
Saturated Fat 12g	**60%**
Cholesterol 170mg	**57%**
Sodium 1,570mg	**65%**
Total Carbohydrate 67g	**22%**
Dietary Fiber 4g	**16%**
Sugars 17g	
Protein 57g	
Vitamin A 10% •	Vitamin C 25%
Calcium 10% •	Iron 30%

Nutrition Facts	
Chicken Tuscan	% Daily Value
Servings: 1	
Calories	280
Total Fat	6 g 9%
Saturated	2 g 10%
Trans	0 g
Cholesterol	40 mg
Sodium	780 mg 32%
Total Carbs	34 g
Dietary Fiber	5 g 20%
Sugars	7 g
Protein	22 g
Vitamin A	15%
Calcium	6%
Vitamin C	8%
Iron	10%

Are oriental noodles healthy?



Nutrition Facts		% Daily Value
1 Serving 1pkg		
Calories 480		
Total Fat	24g	19%
Saturated Fat	10g	52%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	1600mg	67%
Carbohydrate	60g	12%
Sugars	2g	
Fibre	2g	10%
Protein	5g	

Same amount of fat as 6 tsp butter!

Margarine vs Butter…

Choose a soft tub margarine that is **non hydrogenated**

Soft Tub Margarine

Nutrition Facts		% Daily Value
1 Serving 2 tsp (10g)		
Calories 70		
Total Fat	8g	12%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	70mg	3%
Carbohydrate	0g	0%
Sugars	0g	
Fibre	0g	0%
Protein	0g	

Butter

Nutrition Facts		% Daily Value
1 Serving 2 tsp (10g)		
Calories 70		
Total Fat	8g	12%
Saturated Fat	5g	28%
Trans fat	0.5g	
Cholesterol	22mg	
Sodium	60mg	3%
Carbohydrate	0g	0%
Sugars	0g	
Fibre	0g	0%
Protein	0g	

What if Alfred came to you?

- Show him how to read food labels using these slides
- Tell him how to make the best choices from the food groups
- Practice reading food labels
  - At a food store, your home, his home, a community centre
  - Read the labels of his favorite foods and see if you can find healthier options

Get comfortable with the information

- Teach a friend or relative to read nutrition labels
- Read the labels of foods in your house
  - How healthy are those foods?
- Read labels at the grocery store or corner store.
  - What's the healthiest snack food at your store?
  - What's the healthiest frozen dinner?
  - What's the LEAST healthy?

Questions again….

1. **A healthy food might have lots of:**
   a) Cholesterol
   b) Sugar
   c) Fibre
   d) Saturated fat

Questions Continued

2. **The best source of nutrition information on a food package is:**
   a) The ingredient list
   b) Nutrition claims on the front of the package
   c) The Nutrition Facts Table
   d) All of the above

3. Which granola bar is healthier?

A. Chocolate dip **B. Oatmeal to go**

Nutrition Facts		% Daily Value	Nutrition Facts		% Daily Value
1 Serving 1 bar (31g)			1 Serving ½ bar (30g)		
Calories 140			Calories 105		
Total Fat	6g	9%	Total Fat	2g	3%
Saturated Fat	4g	20%	Saturated Fat	0.5g	2%
Sodium	80mg	3%	Sodium	115mg	5%
Carbohydrate	22g	7%	Carbohydrate	22g	7%
Sugars	12g		Sugars	7g	
Fibre	1g	4%	Fibre	5g	21%
Protein	2g		Protein	2g	

Answer the following question using the scale below

4. I would feel comfortable teaching someone in my community how to read food labels.

Disagree 1 2 3 4 5 Agree

Questions/Discussion

Thank you!

Eating Well with

Canada's Food Guide

First Nations, Inuit and Métis

Canada

How to use Canada's Food Guide

The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

1. Find your age and sex group in the chart below.
2. Follow down the column to the number of servings you need for each of the four food groups every day.
3. Look at the examples of the amount of food that counts as one serving. For instance, 125 mL (1/2 cup) of carrots is one serving in the Vegetables and Fruit food group.

What is one Food Guide Serving?

Look at the examples below.

Eating Well Every Day

Canada's Food Guide describes healthy eating for Canadians two years of age or older.

Choosing the amount and type of food recommended in Canada's Food Guide will help:

- children and teens grow and thrive
- meet your needs for vitamins, minerals and other nutrients
- lower your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis (weak and brittle bones).

	Recommended Number of Food Guide Servings per day			
	Children 2–3 years old	Children 4–13 years old	Teens and Adults (Females)	Teens and Adults (Males)
Vegetables and Fruit Fresh, frozen and canned.	4	5–6	7–8	7–10
Grain Products	3	4–6	6–7	7–8
Milk and Alternatives	2	2–4	Teens 3–4 Adults (19–50 years) 2 Adults (51+ years) 3	Teens 3–4 Adults (19–50 years) 2 Adults (51+ years) 3
Meat and Alternatives	1	1–2	2	3

Vegetables and Fruit

Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.

Dark green and orange vegetables
125 mL (1/2 cup)

Other vegetables
125 mL (1/2 cup)

Leafy vegetables and wild plants
cooked 125 mL (1/2 cup)
raw 250 mL (1 cup)

Berries
125 mL (1/2 cup)

Fruit
1 fruit or 125 mL (1/2 cup)

100% Juice
125 mL (1/2 cup)

Grain Products

Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.

Bread
1 slice (35 g)

Bannock
35 g (2" x 2" x 1")

Cold cereal
30 g (see food package)

Hot cereal
175 mL (3/4 cup)

Cooked pasta
125 mL (1/2 cup)

Cooked rice
White, brown, wild
125 mL (1/2 cup)

Milk and Alternatives

Drink 500 mL (2 cups) of skim, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.

Milk
Powdered milk, mixed
250 mL (1 cup)

Fortified soy beverage
250 mL (1 cup)

Canned milk
(evaporated)
125 mL (1/2 cup)

Yogurt
175 g (3/4 cup)

Cheese
50 g (1 1/2 oz.)

Meat and Alternatives

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week.* Select lean meat and alternatives prepared with little or no added fat or salt.

Traditional meats and wild game
75 g cooked (2 1/2 oz)/125 mL (1/2 cup)

Fish and shellfish
75 g cooked (2 1/2 oz)/125 mL (1/2 cup)

Lean meat and poultry
75 g cooked (2 1/2 oz)/125 mL (1/2 cup)

Eggs
2 eggs

Beans – cooked
175 mL (3/4 cup)

Peanut butter
30 mL (2 Tbsp)

When cooking or adding fat to food:

- Most of the time, use vegetable oils with unsaturated fats. These include canola, olive and soybean oils.
- Aim for a small amount (2 to 3 tablespoons or about 30-45 mL) each day. This amount includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Traditional fats that are liquid at room temperature, such as seal and whale oil, or ooligan grease, also contain unsaturated fats. They can be used as all or part of the 2-3 tablespoons of unsaturated fats recommended per day.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard, shortening and bacon fat.

*Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information. Consult local, provincial or territorial governments for information about eating locally caught fish.

Respect your body... Your choices matter

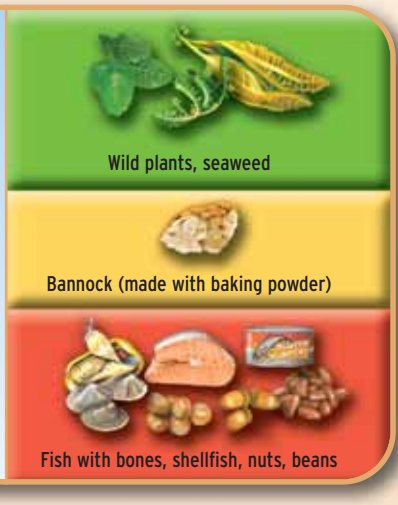
Following Canada's Food Guide and limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body. Examples of foods and drinks to limit are:

- pop
- fruit flavoured drinks
- sweet drinks made from crystals
- sports and energy drinks
- candy and chocolate
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

People who do not eat or drink milk products must plan carefully to make sure they get enough nutrients.

The traditional foods pictured here are examples of how people got, and continue to get, nutrients found in milk products. Since traditional foods are not eaten as much as in the past, people may not get these nutrients in the amounts needed for health.

People who do not eat or drink milk products need more individual advice from a health care provider.



Women of childbearing age

All women who could become pregnant, and pregnant and breastfeeding women, need a multivitamin with **folic acid** every day. Pregnant women should make sure that their multivitamin also contains **iron**. A health care provider can help you find the multivitamin that is right for you.

When pregnant and breastfeeding, women need to eat a little more. They should include an extra 2 to 3 Food Guide Servings from any of the food groups each day.

For example:

- have dry meat or fish and a small piece of bannock for a snack, or
- have an extra slice of toast at breakfast and an extra piece of cheese at lunch.

Women and men over the age of 50

The need for **vitamin D** increases after the age of 50.

In addition to following Canada's Food Guide, men and women over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

For strong body, mind and spirit, be active every day.

This guide is based on *Eating Well with Canada's Food Guide.*

For more information, interactive tools or additional copies visit Canada's Food Guide at: **www.healthcanada.gc.ca/foodguide**

or contact: Publications • Health Canada • Ottawa, Ontario K1A 0K9 • E-Mail: publications@hc-sc.gc.ca • Tel.: 1-866-225-0709 • TTY: 1-800-267-1245 • Fax: (613) 941-5366

Également disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien – Premières Nations, Inuit et Métis

This publication can be made available on request on diskette, large print, audio-cassette and braille.

 HC Pub.: 3426 Cat.: H34-159/2007E ISBN: 0662-44562-7

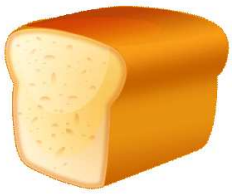
Healthy Label Reading Tips

General tips:

- 5% or less is low. Use for fat, sodium and cholesterol
- 10% or less is low for saturated fat
- 15% or more is high. Use for fibre, calcium, iron, and vitamins A and C

Nutrition Facts
Per 3/4 cup (100 g)

Amount	% Daily Value
Calories 80	
Fat 1 g	**1** %
Saturated Fat 0 g + Trans Fat 0 g	**0** %
Cholesterol 0 mg	
Sodium 2 mg	**0** %
Carbohydrate 15 g	**5** %
Fibre 3 g	**12** %
Sugars 7 g	
Protein 3 g	
Vitamin A 1 %	Vitamin C 2 %
Calcium 1 %	Iron 3 %

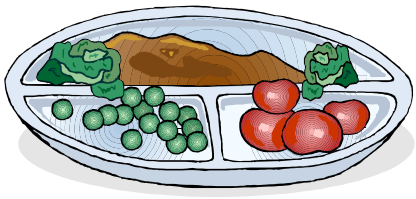


Tips for bread:

- Aim for 2g of fibre per slice
- Watch out, sometimes the serving size is two slices!

Tips for cereal and granola bars:

- Aim for 4g of fibre per serving
- Aim for less than 8g of sugar per serving



Tips for Frozen Meals

- Look for varieties with about 300 cal and 10g of fat or less.
- Look for less than 30% of your % daily value for sodium

Label Reading Questions (After)

1. A healthy food might have lots of:
    a) Cholesterol
    b) Sugar
    c) Fibre
    d) Saturated fat

2. The best source of nutrition information on a food package is:
    a) The ingredient list
    b) Nutrition claims on the front of the package
    c) The Nutrition Facts Table
    d) All of the above

3. Which granola bar is healthier?
    a) Chocolate dip b) Oatmeal to go

Nutrition Facts	% Daily Value	
1 Serving 1 bar (30g)		
Calories	140	
Total fat	6 g	9%
Saturated fat	4 g	20%
Sodium	80 mg	3%
Carbohydrate	22 g	7%
Sugar	12 g	
Fibre	1 g	4%
Protein	2 g	

Nutrition Facts	% Daily Value	
1 serving ½ bar (30g)		
Calories	105	
Total fat	2 g	3%
Saturated fat	1 g	2%
Sodium	115 g	5%
Carbohydrate	22 g	7%
Sugar	7 g	
Fibre	5 g	24%
Protein	2 g	

4. Answer the following question using the scale below:

    I would feel comfortable teaching someone in my community how to read food labels.

    Disagree 1 2 3 4 5 Agree