

Nutrition Label Reading / Ultra-Processed Foods

July 8, 2026

1:30-3:00pm MT

This session will provide an overview of how to understand and use nutrition labels, as well as recognize ultra-processed foods to support healthier food choices. You will learn how to describe key components of a nutrition label, interpret the information provided, recognize front-of-package symbols, and learn about the impact of ultra-processed food on health. By the end, attendees will be able to apply this knowledge to compare products and confidently select healthier options in everyday life.



Learning Outcomes:

- Describe the key components of a nutrition label
- Interpret nutrition label information to make informed choices
- Identify and interpret the nutritional quality of foods with a front-of-package nutrition symbol
- Define ultra-processed foods and their impact on health
- Apply nutrition label knowledge to compare products and practical strategies to reduce ultra-processed food intake

Speakers:

Julia Zanon, Dietetic Intern - Julia is a student completing her Bachelor of Science with Dietetics Specialization at the University of Alberta, and is currently interning with the Nutrition Team at Indigenous Services Canada (ISC).



Target Audience: Health and education staff working in First Nations Communities in Alberta and others who may be interested in attending

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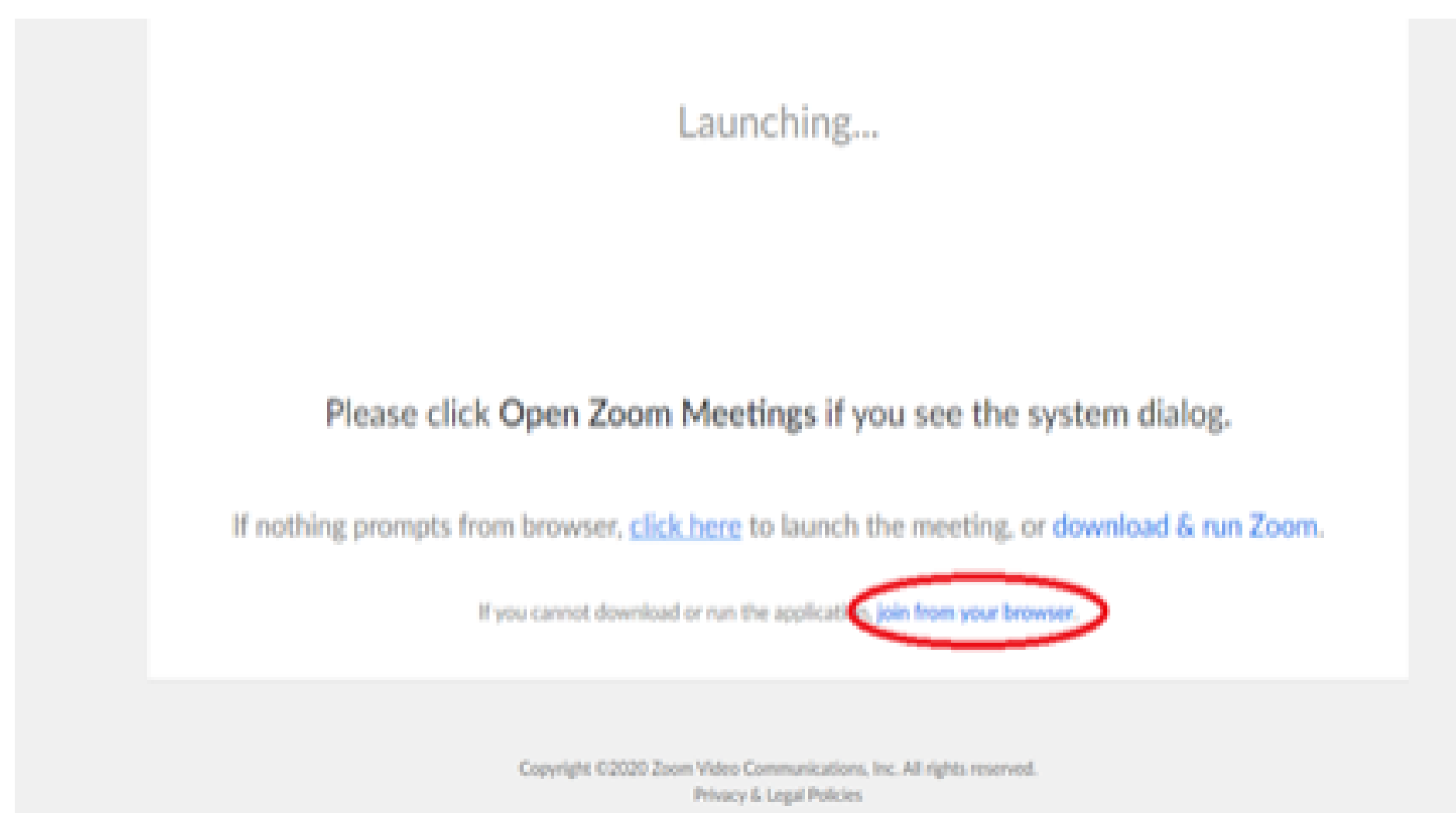
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