



Healthy Eating is in Store for You™
Faites provision de saine alimentation™



CANADIAN
DIABETES
ASSOCIATION



ASSOCIATION
CANADIENNE
DU DIABÈTE

Dietitians of Canada
Les diététistes du Canada

Healthy Eating is in Store for You™ is a three-year project, sponsored through a partnership between Dietitians of Canada, the Canadian Diabetes Association and an Advisory Committee. This project was funded by the Health Canada National Diabetes Strategy, Prevention and Promotion Contribution Program.

The goal of this program is to help consumers make food choices that can lead to overall health and healthy weights and reduce the risk of developing chronic illness, including type 2 diabetes.

For more information on this program, visit
www.healthyeatinginstore.ca



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ADVISORY COMMITTEE:

- Canadian Council of Grocery Distributors
- Canadian Council of Food and Nutrition
- Canadian Home Economics Association
- Canadian Public Health Association
- Consumers' Association of Canada
- Food and Consumer Products of Canada
- Kraft Canada Inc.
- Heart and Stroke Foundation of Canada - Health Check™ Program
- Shop Smart Tours Inc.

www.healthyeatinginstore.ca

**Interested in
 nutrition information
 on packaged foods?**



**Let's look at
 the label...**



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Look at the label

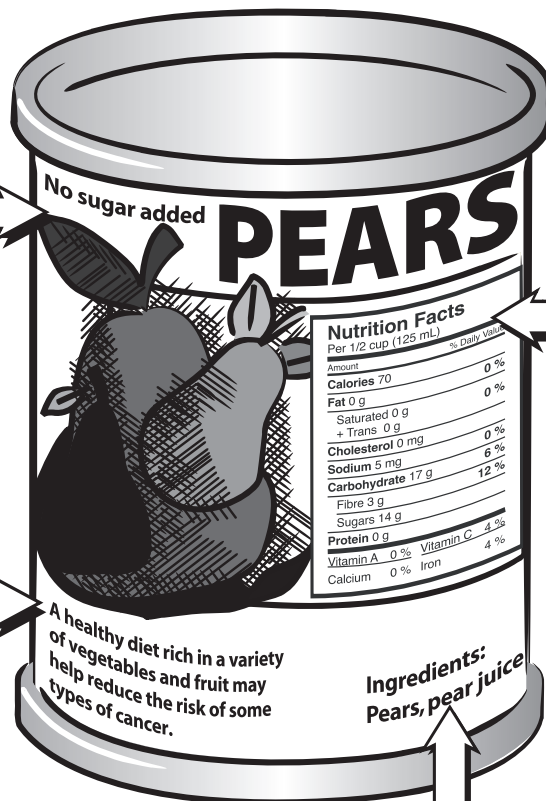
Nutrition information on food labels helps you make informed food choices.



Nutrition claims

There are two types of nutrition claims:

- 1) **Nutrient content claims** tell you about one nutrient such as sodium, fat or sugar.
- 2) **Health claims** tell you how your diet can affect your health.



No sugar added

PEARS

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	0 %
Fat 0 g	0 %
Saturated 0 g	
+ Trans 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	6 %
Carbohydrate 17 g	12 %
Fibre 3 g	
Sugars 14 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 0 %	Iron 4 %

A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer.

Ingredients:
Pears, pear juice

Ingredient list

The ingredient list tells you what ingredients are in a packaged food.

Nutrition Facts table

The Nutrition Facts table provides you with information on the Calories and 13 nutrients for the serving size shown.

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0 g	0 %
Saturated 0 g	
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 5 mg	0 %
Carbohydrate 17 g	6 %
Fibre 3 g	12 %
Sugars 14 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 0 %	Iron 4 %

1

2

3

4

5

Take 5 to read the facts

- 1) **Serving size**
If you eat the serving size shown on the Nutrition Facts table, you will get the amount of Calories and nutrients that are listed. Always compare the serving size on the package to the amount that you eat.
- 2) **Calories**
Calories tell you how much energy you get from one serving of a packaged food.
- 3) **Percent Daily Value (% Daily Value)**
% Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a *little* or a *lot* of a nutrient in one serving of a packaged food.
- 4) **Get less of these nutrients:**
 - Fat, saturated fat and trans fat
 - Cholesterol
 - SodiumChoose packaged foods with a *low* % Daily Value of fat and sodium, especially if you are at risk for heart disease or diabetes.
- 5) **Get more of these nutrients:**
 - Carbohydrate
 - Fibre
 - Vitamin A and Vitamin C
 - Calcium
 - IronChoose packaged foods with a *high* % Daily Value of these nutrients. If you have diabetes, watch how much carbohydrate you eat as this will affect your blood glucose levels.



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