

Frequently-asked questions about:

Nutrient content claims



Words used in nutrient content claims	What the words mean	Examples
Free	A nutritionally insignificant amount	Sodium free (less than 5 mg sodium per serving)
Low	Always associated with a very small amount of a nutrient	Low fat (3 g fat or less per serving)
Reduced	At least 25% less of a nutrient compared with a similar product	Reduced in Calories (At least 25% less energy than the food to which it is compared)
Source	Always associated with a significant amount	Source of fibre (2 g fibre or more per serving)
Light	If it is referring to a specific nutrient, it is only allowed on foods that are either reduced in fat or reduced in energy (Calories).	Light in fat Light in Calories
	"Light" can also be used to describe a feature of the food such as "light in colour."	Light in colour (An explanation on the label will explain what makes the food light, even if it is light in colour.)



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FAQ Sheet #1

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Frequently-asked questions about: Words to watch for



What other words will you see on the ingredient list for fat, saturated fat, sodium and sugar?

Nutrient	Words to watch for on the ingredient list
Fat	<ul style="list-style-type: none"> • Glycerides • Glycerol • Esters • Shortening • Oil
Saturated fat	<ul style="list-style-type: none"> • Tallow or beef fat, lard, suet, chicken fat, bacon fat • Butter • Coconut or coconut oil • Hydrogenated fats and oils • Cocoa butter • Palm or palm kernel oil • Powdered whole milk solids
Trans fat	<ul style="list-style-type: none"> • Hydrogenated fats and oils
Sodium (salt)	<ul style="list-style-type: none"> • Salt • Monosodium glutamate • Baking powder, baking soda • Disodium phosphate • Sodium bisulfate • Brine • Garlic salt, onion salt, celery salt • Soy sauce • Sodium alginate, sodium benzoate, sodium hydroxide, sodium propionate
Sugars	<ul style="list-style-type: none"> • Fructose, sucrose, maltose, lactose, honey • Liquid sugar, invert sugar, liquid invert sugar, syrup • Galactose, dextrose, dextrin, corn syrup solids, molasses, raisin syrup <p style="text-align: center;">Hint: Watch for words ending in "ose."</p>
Sugar alcohols	<ul style="list-style-type: none"> • Isomalt (also known as Palatinit) • Lactitol • Mannitol • Maltitol • Sorbitol • Xylitol <p style="text-align: center;">Hint: Watch for words ending in "ol."</p>



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FAQ Sheet #2

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Frequently-asked questions about:

The importance of nutrients

Nutrient	What foods supply us with this nutrient?	How does this nutrient help our bodies?
Fat	<ul style="list-style-type: none"> • Butter, margarine, oils • Baked goods (cookies, donuts, pastries) • Milk, cheese, ice cream, yogurt • Processed meats • Beef, pork, lamb, veal, chicken • Nuts 	<ul style="list-style-type: none"> • Provides Calories or energy • Carries and stores vitamins A, D, E, K • Insulates the body against cold • Cushions the skin, bones and internal organs
Saturated fat	<ul style="list-style-type: none"> • Butter, cheese, whole milk • Sour cream • Ice cream • Lard, shortening • Palm oil, coconut oil • Red meat 	
Trans fat	<ul style="list-style-type: none"> • Hydrogenated fats, oils, deep-fried foods and baked goods 	
Cholesterol	<ul style="list-style-type: none"> • Dairy products • Egg yolks • Meat • Organ meats 	<p>Helps to make:</p> <ul style="list-style-type: none"> • Some hormones • Vitamin D • Cell membranes • Bile salts used to digest foods
Sodium	Sodium or salt occurs naturally in many foods but it is also added to some processed foods such as bacon, soups, and potato chips.	<ul style="list-style-type: none"> • Balances body fluids • Helps transmit electrical signals through nerves



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Frequently-asked questions about: The importance of nutrients

Nutrient	What foods supply us with this nutrient?	How does this nutrient help our bodies?
Carbohydrate	<ul style="list-style-type: none"> • Breads • Pastas • Vegetables • Fruit • Honey • Sugar • Milk 	Provides Calories or energy ready for your muscles and your brain to use
Fibre	<ul style="list-style-type: none"> • Whole-grain breads, cereals and pastas • Vegetables and fruit • Legumes 	<ul style="list-style-type: none"> • Aids in bowel regularity • Reduces risk of colon cancer • Lowers blood cholesterol
Sugars	<p>Foods with naturally occurring sugars:</p> <ul style="list-style-type: none"> • Milk • Fruits • Vegetables <p>Foods with added sugars:</p> <ul style="list-style-type: none"> • Sweetened juices • Sweetened soft drinks • Candy 	Provides Calories or energy ready for your muscles and your brain to use
Protein	<ul style="list-style-type: none"> • Milk, cheese, yogurt • Eggs • Meat, poultry, fish • Nuts, peanut butter • Baked beans 	Builds and repairs body tissues
Vitamin A	<ul style="list-style-type: none"> • Carrots • Squash • Dark green leafy vegetables 	<ul style="list-style-type: none"> • Maintains healthy skin • Provides good night vision
Vitamin C	<ul style="list-style-type: none"> • Citrus fruits • Strawberries 	<ul style="list-style-type: none"> • Builds and maintains connective tissues • Heals wounds • Fights infections
Calcium	<ul style="list-style-type: none"> • Milk • Cheese • Yogurt 	<ul style="list-style-type: none"> • Builds healthy bones and teeth
Iron	<ul style="list-style-type: none"> • Red meat • Raisins • Whole-grain breads and cereals 	<ul style="list-style-type: none"> • Produces red blood cells that carry oxygen throughout the body



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Frequently-asked questions about: "Sugar" claims



An information sheet for people with diabetes

There are many nutrient content claims about sugars on food labels. Here is what they mean...

Type of claim	Conditions	Claims you will see on the label
Free of sugars	Contains less than 0.5 g of sugar and less than 5 Calories per serving	<ul style="list-style-type: none"> • Sugar-free • Free of sugar • Without sugar • Contains no sugar • No sugar • Zero sugar • 0 sugar • Sugarless
Reduced in sugars Lower in sugars	Modified to contain at least 25% less sugars, totalling at least 5 g less per serving	<ul style="list-style-type: none"> • Reduced sugar • Sugar-reduced • Reduced in sugar • Less sugar • Lower sugar • Lower in sugar
No added sugars	Contains no added sugars, no ingredients containing added sugars or ingredients that contain sugars that substitute for added sugars	<ul style="list-style-type: none"> • No sugar added • No added sugar • Without added sugar

What does the word "light" mean?

"Light" is a claim that is only allowed on foods that are "reduced in fat" or "reduced in Calories."

"Light" can also be used to describe a feature of the food such as "light in colour."

If the word "light" is used on a food label, it must have a statement that explains what characteristic makes the food "light." However, there is one exception to this rule relating to sugar. "Light maple syrup" means "light" in colour and does not need to have a statement with it. In this case, "light" does **not** mean low in sugar or Calories.



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FAQ Sheet #4

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