

# MISSION NUTRITION

Adventures in learning, created by Canadian dietitians

## EXPLORE FOOD LABELS... for Healthy Eating!

Use the nutrition information on food labels to help you make informed choices for healthy eating!

[www.missionnutrition.ca](http://www.missionnutrition.ca)

Food labels are a great tool to help you eat well! Look for **Nutrition Facts**, the list of ingredients and nutrition claims to make informed food choices.



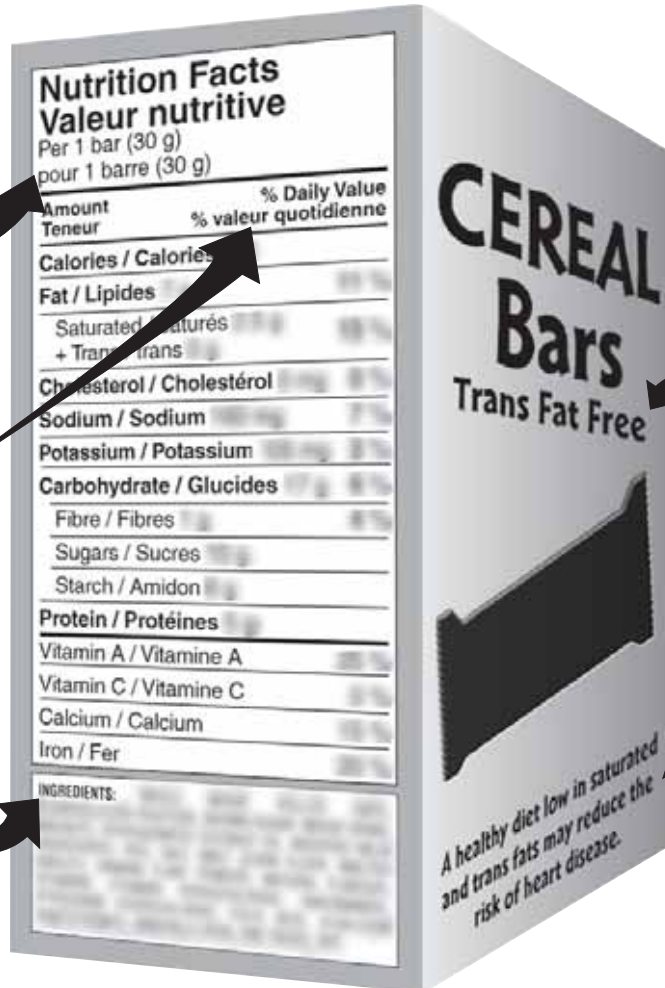
### Nutrition Facts

Information in the **Nutrition Facts** table is based on a specific amount of food. Compare this to the amount you eat.

Use the **% Daily Value** to see if a food has a little or a lot of a nutrient. The Daily Values are based on recommendations for healthy eating.

### Ingredients

**Ingredients** in the food are listed by weight from most to least. Use this list if you want to avoid certain ingredients due to allergies, special diets or other reasons.

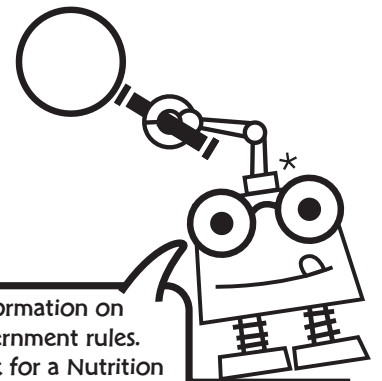


### Nutrition Claims

**Nutrient Content Claims** highlight a nutrition feature of a food.

**Health Claims** tell you about a relationship between diet and disease.

Did you know? Nutrition information on food labels must follow government rules. If it comes in a package, look for a Nutrition Facts table. Remember? some foods don't have to carry Nutrition Facts, such as fresh fruits and vegetables, and fresh cuts of meat, poultry and fish.



Post this sheet on your fridge as a handy reminder!  
(See next page)



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# Take The... NUTRITION FACTS CHALLENGE!

Take a closer look at the Nutrition Facts on food labels. See how many galaxy stars your family can score by looking for foods with the following at the grocery store or at home.

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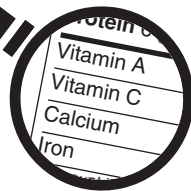
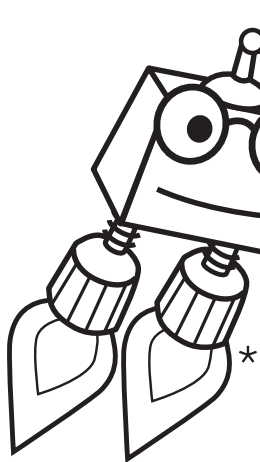


Look for a food that has the following (per serving)...	The name of the food is...	Score
4 g or more of fibre		5 stars
<b>A % Daily Value of:</b>		
50% or more for Vitamin C		5 stars
25% or more for Calcium		5 stars
25% or more for Iron		5 stars

**Total Score = \_\_\_\_\_ stars**

**How many stars did you get?**

- 0 - 10 stars = Keep looking!
- 15 stars = Great job!
- 20 stars = Excellent!



Remember it's important to look at the overall nutrient content of the foods you choose.

## Other fun family learning ideas...

**Visit a Virtual Grocery Store** to learn how to use the nutrition information on packaged food labels to make healthy food choices at: [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)

**Explore a nutrition label** and take the Interactive Nutrition Label Quiz at: [www.healthcanada.ca/nutritonlabelling](http://www.healthcanada.ca/nutritonlabelling)

## Want to learn more? Visit...

[www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)  
[www.healthcanada.ca/nutritionlabelling](http://www.healthcanada.ca/nutritionlabelling)  
[www.dietitians.ca](http://www.dietitians.ca)

[www.missionnutrition.ca](http://www.missionnutrition.ca)