

# Focus <sup>on</sup> the Facts

## How to use Serving Size and % Daily Value

### Nutrition Facts

Per 3/4 cup (175 g)

Amount	%
Calories 160	
Fat 2.5 g	
Saturated 1.5 g	



1

### START with Serving Size

You can find the Serving Size under the header 'Nutrition Facts'.

Information in the Nutrition Facts table is based on this quantity of food.



2

### USE % Daily Value

You can find the % Daily Value on the right side of the Nutrition Facts table.

Use the % Daily Value to see if the Serving Size has **a little** or **a lot** of a nutrient.



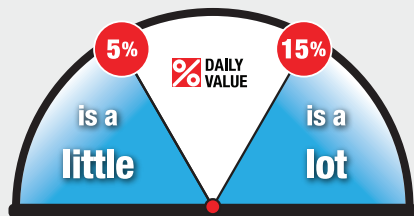
3

### LOOK at a Nutrient

Choose packaged food that has more of the nutrients you want and less of the nutrients you don't want.



## MAKE an informed food choice



5% Daily Value or less is **a little**

15% Daily Value or more is **a lot**

When making an informed food choice here are some nutrients you may want...

### a little of

- Saturated and trans fats
- Sodium

### a lot of

- Fibre
- Vitamin A
- Calcium
- Iron

This applies to all nutrients with a % Daily Value



Health  
Canada

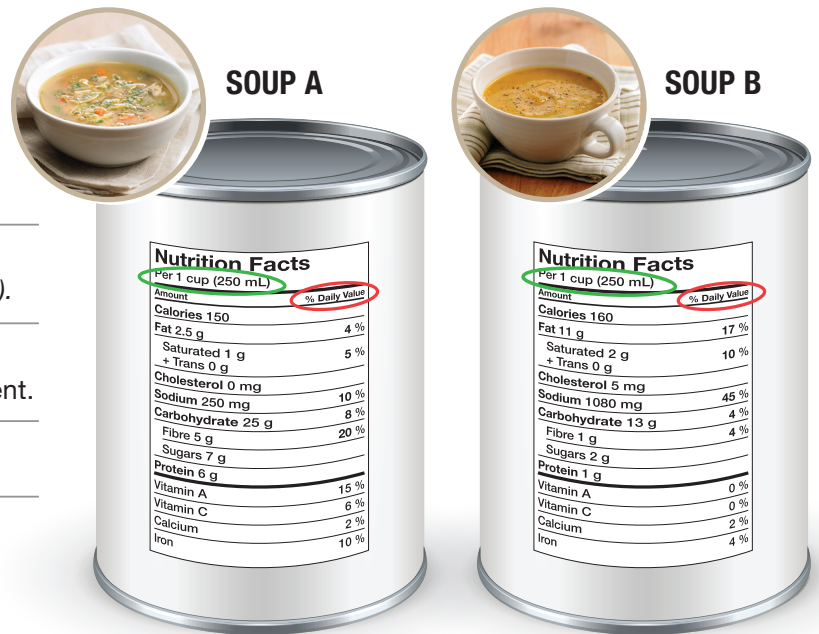
Santé  
Canada

Canada

## Comparing two packaged food products.

- 1 Start with **Serving Size**  
For Soup A and Soup B it is 1 cup (250 mL).
- 2 Use the **% Daily Value** to see if the **Serving Size** has a **little** or a **lot** of a nutrient.
- 3 Look at a **Nutrient**

In this example, Soup A has a **little** saturated and trans fat and a **lot** of fibre and vitamin A compared to Soup B.



## Comparing the Serving Size on the Nutrition Facts table to the amount you eat.

- 1 Start with **Serving Size**  
On this product it is 4 crackers (20 g).
- 2 Use the **% Daily Value** to see if the **Serving Size** has a **little** or a **lot** of a nutrient.
- 3 Look at a **Nutrient**



Think about how the information relates to the amount you eat.



If you eat **2 crackers**, divide the calories and % Daily Value information **in half** to know how much of each nutrient is in that Serving Size.



If you eat **4 crackers**, use the information on the Nutrition Facts table to know how many calories and how much of each nutrient is in that Serving Size.



If you eat **8 crackers**, **double** the calories and % Daily Value information to know how much of each nutrient is in that Serving Size.