# **Using the Nutrition Facts Table: % Daily Value**

## How to **CHOOSE**

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

#### Follow these three steps:



## LOOK at the amount of food ---

Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.



# READ the % DV

The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a LITTLE

15% DV or more is **a LOT** 



Make a better choice for you. Here are some nutrients you may want...

This applies to

all nutrients.

#### less of

#### more of

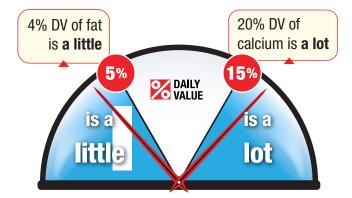
- Fat
- Fibre
- Saturated and
  - trans fats
- Sodium
- Calcium

Vitamin A

Iron

#### Here is an example of how to choose:

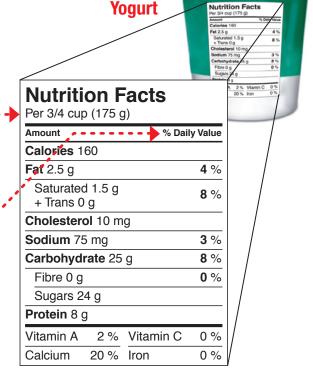
You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has **a little** fat (4% DV) and **a lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!



© Her Majesty the Queen in Right of Canada, represented by the Minister of Health, 2011. Également disponible en français sous le titre : Utilisez le tableau de la valeur nutritive : % de la valeur quotidienne.



HC Pub.: 100539 Cat.: H164-127/2011E-PDF ISBN: 978-1-100-19881-1



### How to **COMPARE**

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:



# LOOK at the amounts of food

Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.

Cracker A has 9 crackers and weighs 23 grams.

Cracker B has 4 crackers and weighs 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.



# **READ the % DVs**

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

Cracker A has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.

**Cracker B** has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

Remember: 5% DV or less is a little and 15% DV or more is a lot. This applies to all nutrients.



In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle.

Use the Nutrition Facts table and Eating Well with Canada's Food Guide to make healthier food choices.

### **Cracker A**

**Cracker B** 

Nutrition Facts Per 9 crackers (23 g)		Nutrition Facts Per 4 crackers (20 g)
Amount	% Daily Value	Amount % Daily Value
Calories 90		Calories 90
<b>Fat</b> 4.5 g	7 %	<b>Fat</b> 2 g <b>3</b> %
Saturated 2.5 g + Trans 0 g	13 %	Saturated 0.3 g + Trans 0 g <b>2</b> %
Cholesterol 0 mg		Cholesterol 0 mg
Sodium 280 mg	<b>12</b> %	<b>Sodium</b> 90 mg <b>4</b> %
Carbohydrate 12 g	4 %	Carbohydrate 15 g 5 %
Fibre 1 g	4 %	Fibre 3 g 12 %
Sugars 0 g		Sugars 1 g
Protein 3 g		Protein 2 g
Vitamin A 0 % Vita	amin C 0 %	Vitamin A 0 % Vitamin C 0 %
Calcium 2 % Iron	n 8%	Calcium 2 % Iron 8 %

#### Did you know?

You may be able to compare products that don't have similar amounts of food.

For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 2 slices of bread (70 g) because you would most likely eat either amount of food at one meal.

