# 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:

## 1. 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.
2. READ the \% DV

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


## CHOOSE

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

| less of | more of |
| :--- | :--- |
| - Fat | - Fibre |
| - Saturated and | - Vitamin A |
| $\quad$ trans fats | - Calcium |
| - Sodium | - 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!


## How to COMPARE

Use the amount of food and the \% Daily Value (\% DV) to compare and choose healthier food products.
Follow these three steps:
Cracker A
Cracker B

## 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.

## 2. 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.

## (3) CHOOSE

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.

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.

| Nutrition Facts <br> Per 9 crackers (23 g) |  |  |  |
| :---: | :---: | :---: | :---: |
|  |  |  |  |
| Amount |  | \% Daily Value |  |
| Calories 90 |  |  |  |
| Fat 4.5 g |  |  | $7 \%$ |
| $\begin{aligned} & \text { Saturated } 2.5 \mathrm{~g} \\ & + \text { Trans } 0 \mathrm{~g} \end{aligned}$ |  |  | 13 \% |
| Cholesterol 0 mg |  |  |  |
| Sodium 280 mg |  |  | 12 \% |
| Carbohydrate 12 g |  |  | 4 \% |
| Fibre 1 g |  |  | 4 \% |
| Sugars 0 g |  |  |  |
| Protein 3 g |  |  |  |
| Vitamin A | 0 \% | Vitamin C | 0 \% |
| Calcium | $2 \%$ | Iron | $8 \%$ |


| Nutrition Facts |  |  |  |
| :---: | :---: | :---: | :---: |
| Per 4 crackers (20 g) |  |  |  |
| Amount |  | \% Daily Value |  |
| Calories 90 |  |  |  |
| Fat 2 g |  |  | 3 \% |
| $\begin{aligned} & \text { Saturated } 0.3 \mathrm{~g} \\ & + \text { Trans } 0 \mathrm{~g} \end{aligned}$ |  |  | 2 \% |
| Cholesterol 0 mg |  |  |  |
| Sodium 90 mg |  |  | 4 \% |
| Carbohydrate 15 g |  |  | 5 \% |
| Fibre 3 g |  |  | 12 \% |
| Sugars 1 g |  |  |  |
| Protein 2 g |  |  |  |
| Vitamin A | 0 \% | Vitamin C | 0 \% |
| Calcium | $2 \%$ | Iron | 8 \% |

