

# EAT WELL: Helping Canadians Make Healthy Choices

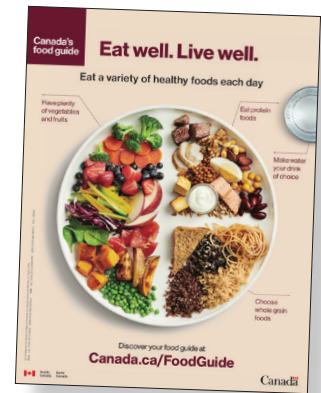
## UNDERSTANDING NUTRITION FACTS

Canadians are very fortunate to live in a country with a very good agriculture and food system. In Canada, close to 300,000 farmers and over 2 million people work every day in the agriculture and food industry to provide us with safe, quality and abundant food choices.

Having so many food choices and such abundance is a very good thing, but it can also make it hard to make healthy food choices.

The Canadian government has updated its healthy eating guide to make it easier for you and other Canadians to make healthy food choices.

As part of this update, the government released a new nutrition facts table in December 2016. Food businesses must start phasing out the old table and replacing it with the new table between 2017 and 2022. Next time you buy food check to see if it has the new nutrition facts table.



### A) NUTRITION FACTS TABLE

ORIGINAL	
Nutrition Facts Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 110</b>	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	120 %
Calcium / Calcium	2 %
Iron / Fer	0 %

NEW	
Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories 110</b>	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

How many differences can you find? List them below.

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## B) VITAMINS AND MINERALS

Did you notice the change in the minerals and vitamins that are included in the new nutrition facts table?

Potassium was added because most Canadians are not getting enough potassium and it's important for maintaining healthy blood pressure. The new nutrition facts table will make it easy for you to choose foods that will help you get enough potassium.

Vitamin A and Vitamin C were removed because, even though they are important nutrients, most Canadians get enough Vitamin A and Vitamin C in their diets. That is not surprising when you look at the food examples in the chart to the right.

### Vitamin A is needed for:

- Eyesight
- Healthy skin
- Bone and tooth growth
- Immune system health

### Vitamin C is needed for:

- Digesting protein
- Immune system health
- Iron absorption

One (1) serving of	% Daily Value	
	Vitamin A	Vitamin C
Broccoli (85 g)	44%	61%
Carrots (85 g)	472%	6%
Cantaloupe (150 g)	171%	61%
Chard (85 g)	173%	28%
Eggs (105 g)	21%	0%
Fiddleheads (85 g)	95%	16%
Green Leaf Lettuce (85 g)	207%	17%
Green Pepper (85 g)	11%	75%
Kale (85 g)	435%	112%
Orange (140 g)	12%	92%
Parsley (4 g)	11%	6%
Potato (140 g)	0%	15%
Strawberries (140 g)	7%	91%
Sugar Snap Peas (85 g)	30%	56%
Tomato (85 g)	24%	12%

## C) SUGAR

A % daily value has been added for sugar.

See if you can fill in the blanks below:

22 g of sugar = 22 % daily value of sugar

1 g of sugar = \_\_\_\_% daily value of sugar

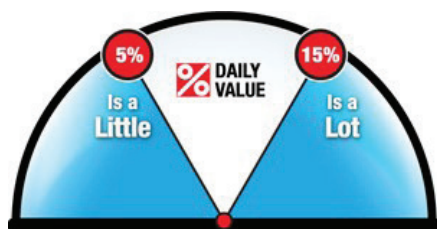
\_\_\_\_ g of sugar = 100 % daily value of sugar

If 1 teaspoon of sugar = 4 grams, then how many teaspoons of sugar are in 100 grams? \_\_\_\_ teaspoons



## D) % DAILY VALUE – A LITTLE OR A LOT

Did you see the new information at the bottom of the new nutrition facts table above? This information can help you make healthy food choices.



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

15% Daily Value is **a lot**

*This applies to all nutrients with a % Daily Value*

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

### a little of:

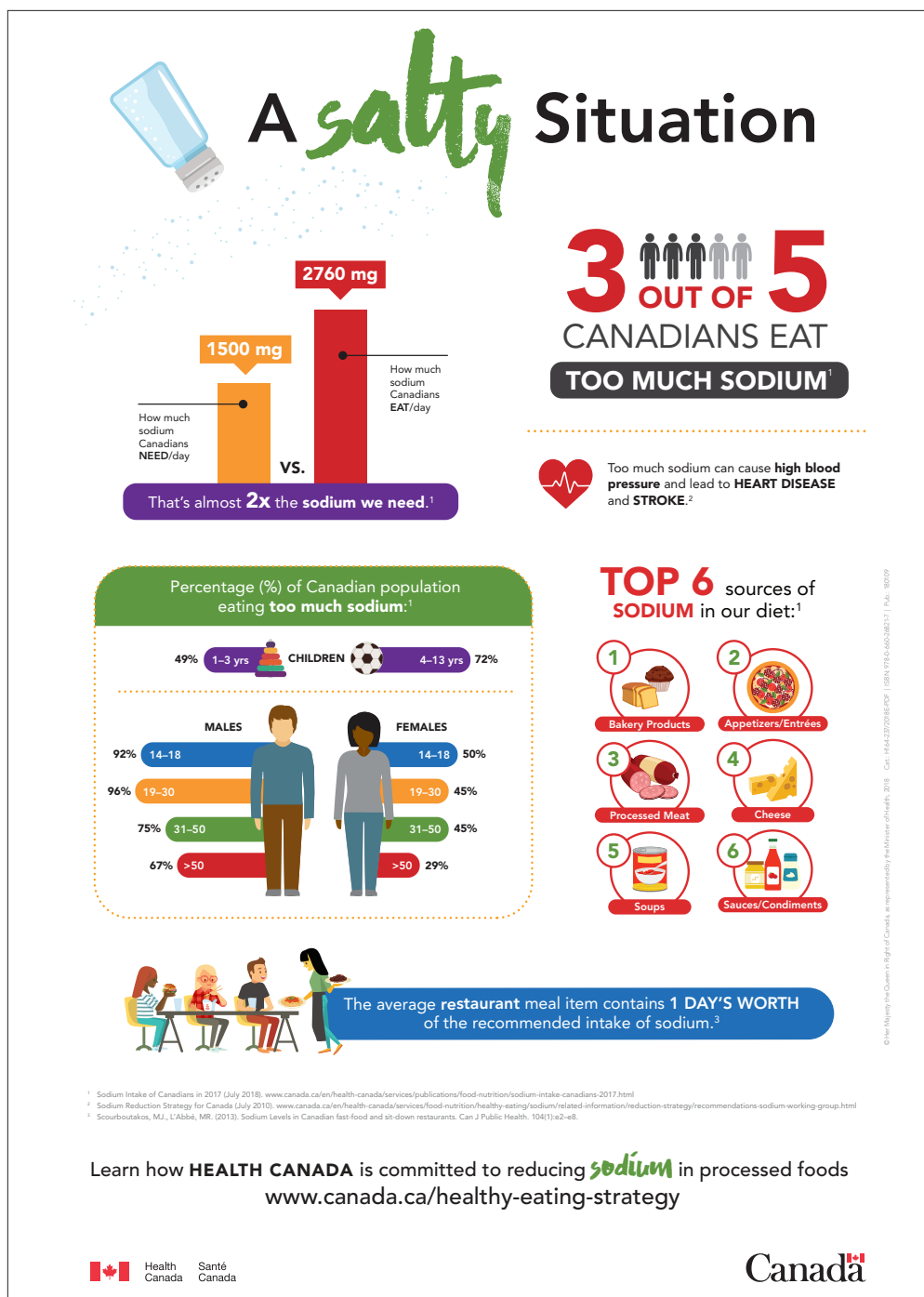
- Saturated and trans fats
- Sodium
- Sugar

### a lot of:

- Fibre
- Potassium
- Calcium
- Iron

## E) SALT

Salt is called “sodium” on the Nutrition Facts table. Choose foods with a little sodium (less than 5%) often. Here’s why.



Find the Nutrition Facts table on your favourite snack food and fill in the blanks below:

**Name of snack:** \_\_\_\_\_

\_\_\_\_\_ mg of sodium      \_\_\_\_\_ % Daily Value of sodium

Does it have a little or a lot of sodium? \_\_\_\_\_

## D) DRINKS

Thirsty? Make a healthy choice often. Even though water contains no nutrients and no calories, water is a very healthy beverage choice! On average, 55% to 75% of our body is made of water. But water is lost every time we breathe out, sweat, or go to the toilet. To replace the water lost from your body you should drink water every day, especially when it is hot, or when you are very active. Since food, especially vegetables and fruits, also contains water, eating provides your body with water too.

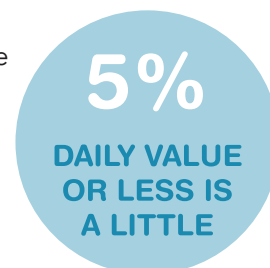
If you are going to drink a beverage other than water, then choose to drink a healthy beverage often. Remember sugar is a nutrient that we only want a little of!

### Complete the following questions.

1. Below are six nutrition labels from six different beverages. Study the nutrition facts for each beverage A – F. Decide if each beverage is one that you should consume:

often   sometimes   seldom

Circle your choice above each nutrition label. (Be prepared to give reasons for your choices.)



A. often   sometimes   seldom

Nutrition Facts	
Per 1 carton (250mL)	
<b>Calories 130</b>	% Daily Value*
<b>Fat</b> 5 g	8 %
Saturated 3 g	
+ Trans 0.1 g	16%
<b>Carbohydrate</b> 12 g	
Fibre 0 g	0 %
Sugars 12 g	12 %
<b>Protein</b> 9 g	
<b>Cholesterol</b> 20 mg	
<b>Sodium</b> 120 mg	5 %
Potassium 400 mg	8 %
Calcium 300 mg	23 %
Iron 0 mg	0 %
*5% or less is a little, 15% or more is a lot	

B. often   sometimes   seldom

Nutrition Facts	
Per 1 bottle (591mL)	
<b>Calories 120</b>	% Daily Value*
<b>Fat</b> 0 g	0 %
Saturated 0 g	
+ Trans 0 g	0 %
<b>Carbohydrate</b> 32 g	
Fibre 0 g	0 %
Sugars 32 g	32 %
<b>Protein</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron 0 mg	0 %
*5% or less is a little, 15% or more is a lot	

C. often   sometimes   seldom

Nutrition Facts	
Per 1 can (355mL)	
<b>Calories 140</b>	% Daily Value*
<b>Fat</b> 0 g	0 %
Saturated 0 g	
+ Trans 0 g	0 %
<b>Carbohydrate</b> 39 g	
Fibre 0 g	0 %
Sugars 39 g	39 %
<b>Protein</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 25 mg	1 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron 0 mg	0 %
*5% or less is a little, 15% or more is a lot	

D. often   sometimes   seldom

Nutrition Facts	
Per 1 medium cup (651mL)	
<b>Calories 290</b>	% Daily Value*
<b>Fat</b> 0 g	0 %
Saturated 0 g	
+ Trans 0 g	0 %
<b>Carbohydrate</b> 75 g	
Fibre 0 g	0 %
Sugars 78 g	78 %
<b>Protein</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 65 mg	3 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron 0 mg	0 %
*5% or less is a little, 15% or more is a lot	

E. often   sometimes   seldom

Nutrition Facts	
Per 1 bottle (710mL)	
<b>Calories 150</b>	% Daily Value*
<b>Fat</b> - g	0 %
Saturated 0 g	
+ Trans 0 g	0 %
<b>Carbohydrate</b> 40 g	
Fibre 0 g	0 %
Sugars 40 g	40 %
<b>Protein</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 290 mg	12 %
Potassium 70 mg	2 %
Calcium 0 mg	0 %
Iron 0 mg	0 %
*5% or less is a little, 15% or more is a lot	

F. often   sometimes   seldom

Nutrition Facts	
Per 1 box (200mL)	
<b>Calories 100</b>	% Daily Value*
<b>Fat</b> 0 g	0 %
Saturated 0 g	
+ Trans 0 g	0 %
<b>Carbohydrate</b> 23 g	
Fibre 0 g	0 %
Sugars 20 g	20 %
<b>Protein</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 15 mg	1 %
Potassium 370 mg	11 %
Calcium 0 mg	0 %
Iron 0 mg	0 %
*5% or less is a little, 15% or more is a lot	

2. To complete the chart:

a) Match the beverages in the box below to their nutrition label above in question 1.

b) Fill in the %DV for sugar for each beverage



**100% Orange Juice**  
**Slurpee (Coca-Cola flavour)**

**Coca-Cola**  
**Powerade**

**2% White Milk**  
**Vitamin Water**

Q #1 Nutrition Label	a) Beverage	b) Sugar %DV
A		
B		
C		
D		
E		
F		



#### TO SLURP OR NOT TO SLURP?

Since Slurpees provide no other nutrients except sugar, consider it to be a seldom drink. If you do buy a slurpee, you can reduce your sugar intake by getting the smallest size.

3. Check out the infographic 'Count Your Cubes!' below. Then use the information to calculate the %DV for the beverages below.

Chocolate Milk (250 mL) - \_\_\_\_\_ %Daily Value

Flavoured Latte (355 mL) - \_\_\_\_\_ %Daily Value

Sweetened Iced Tea (695 mL) - \_\_\_\_\_ %Daily Value

Energy Drink (710 mL) - \_\_\_\_\_ %Daily Value

#### SWEET HINT

1 cube = 1 teaspoon of sugar = 4 grams of sugar

1 gram of sugar = 1% daily value of sugar



#### The Canada Food Guide says:

- Make water your drink of choice
- Replace sugary drinks with water

#### Healthy drink options other than water include:

- white milk (unsweetened lower fat milk)
- unsweetened fortified plant-based drinks like:
  - » soy beverage
  - » almond beverage

4. Give reasons why you think the Canada Food Guide recommends you choose these beverages and not others.

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