

Healthy Measures: Be Nutrition Label Savvy - Read the Daily Value on the Nutrition Facts Table

Are you a savvy consumer who reads the Nutrition Facts table on food packages? Have you ever questioned which nutrients to look for on the Nutrition Facts table, and what the numbers might mean to you?

In October 2010, Health Canada launched an education campaign for consumers on how to read the Nutrition Facts table on pre-packaged foods. While there are many components to the Nutrition Facts Table, this campaign primarily focuses on reading the Daily Values (DV) listed on the right side of the Nutrition Facts table.

To make healthier food choices at the grocery store, look for the following on the Nutrition Facts table:

- Serving size - the nutrition facts listed are based on a specific amount of food. Compare this information to the amount you eat.
- Percentage (%) DV - the % DV tells you if there is a little or a lot of a nutrients based on the specified serving size on the food package

If the nutrient on the packaged food has...	This means the food...
Less than 5% DV	Has little of a nutrient
Between 5% and 14% DV	Is a source of a nutrient
More than 15% DV	Is a good source of a nutrient

When choosing foods, look for a higher DV for dietary fibre, vitamin A, calcium and iron; and a lower DV for fat, saturated fat, trans fat and sodium on the Nutrition Facts table.

Being nutrition label savvy not only makes comparing food products easier, it also helps you to determine the nutritional value of foods and make healthier food choices. Check the Daily Values of foods using these tips on your next trip to the grocery store!

For more information:

[Health Canada—Using the Nutrition Facts table: % Daily Value](#)

[Health Canada—Interactive Nutrition Label and Quiz](#)

[EatRight Ontario—Decoding the Nutrition Label](#)

If you have questions about nutrition and healthy eating, contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!