

ALI 575: Understanding Food Labels

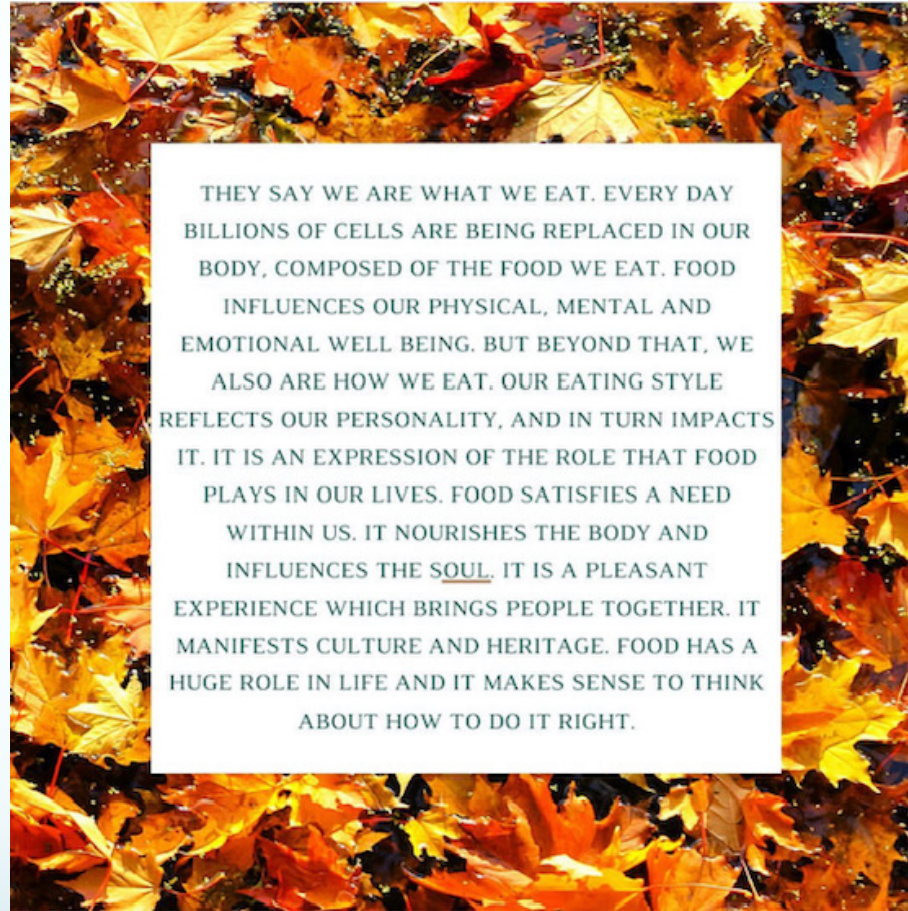


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ALI 575
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THEY SAY WE ARE WHAT WE EAT. EVERY DAY BILLIONS OF CELLS ARE BEING REPLACED IN OUR BODY, COMPOSED OF THE FOOD WE EAT. FOOD INFLUENCES OUR PHYSICAL, MENTAL AND EMOTIONAL WELL BEING. BUT BEYOND THAT, WE ALSO ARE HOW WE EAT. OUR EATING STYLE REFLECTS OUR PERSONALITY, AND IN TURN IMPACTS IT. IT IS AN EXPRESSION OF THE ROLE THAT FOOD PLAYS IN OUR LIVES. FOOD SATISFIES A NEED WITHIN US. IT NOURISHES THE BODY AND INFLUENCES THE SOUL. IT IS A PLEASANT EXPERIENCE WHICH BRINGS PEOPLE TOGETHER. IT MANIFESTS CULTURE AND HERITAGE. FOOD HAS A HUGE ROLE IN LIFE AND IT MAKES SENSE TO THINK ABOUT HOW TO DO IT RIGHT.

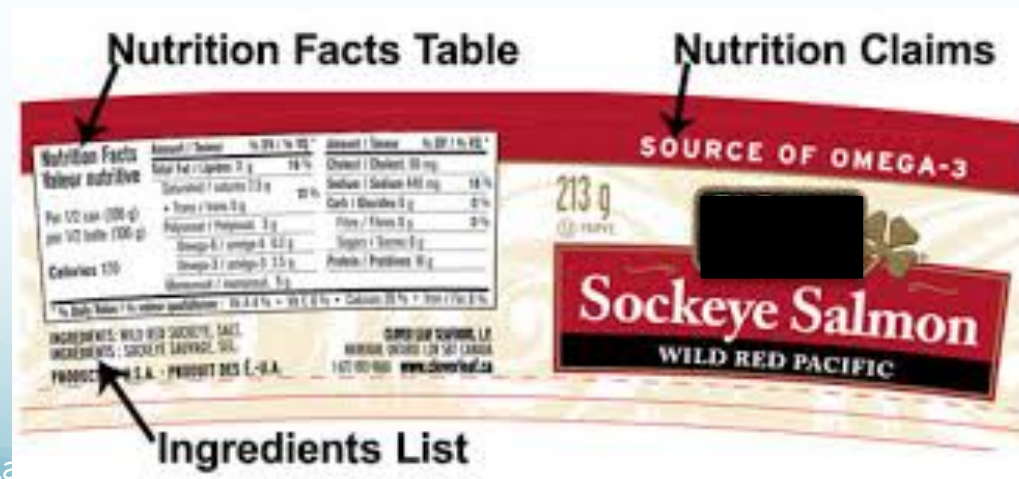
Why are food labels important to me?



- Research shows that understanding food labels is difficult for most people.
- However, research also shows that learning how to read and understand different parts of food labels can help you make healthy food choices.

Parts of a Label

- Ingredient List
- Nutrition Facts Panel
- Claims



Foods that do not require a label

- Fresh fruits and vegetables
- Raw meat, poultry, fish and seafood
- Foods prepared or processed at the store (bakery items, sausages, salads)
- Foods that contain very few nutrients (tea, coffee, spices)



Online Shopping

[SEE ALL AISLES](#)

Fresh Fruits and Vegetables ▾ Deli ▾ Prepared Foods ▾ Bakery ▾ Fresh Meat and Seafood ▾ Dairy and Eggs ▾ Frozen ▾ Pantry ▾

ABOUT THIS PRODUCT

Ingredients:

Whole Grain Wheat, Vegetable Oil (with Rosemary Extract), Seasoning (Maltodextrin, Salt, Garlic Powder, Dextrose, Natural Flavour).

UPC #: 00066721007513

Grocery Gateway does not guarantee the accuracy of any nutritional information or ingredients listing presented on this website.
[Read the full disclaimer](#)

NUTRITION

Serving Size Per 4 crackers (19 g)

Amount Per Serving	% Daily
Calories 80	
	% Daily Value*
Total Fat 2.5 Grams	4%
Saturated Fat 0.2 Grams	
Trans Fat 0 Grams	
Cholesterol 0 Milligrams	
Cholesterol 0 Milligrams	
Sodium 90 Milligrams	4%
Carbohydrate 13 Grams	4%
Sugars 0 Grams	
Protein 2 Grams	

Calories 80
Vitamin A
Saturated Trans Fat 1%
Iron 6%
Calcium
Vitamin C (Ascorbic acid)
Fibre 2 Grams 8%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

Ingredient List

- Includes all the ingredients that are in the product. They are listed in *decreasing order by weight*.
- Can be used to see what the product is made of.
- Very helpful if you have a food allergy or intolerance and need to avoid certain foods.

Example - Granola Bar

- Ingredients: Granola (whole grain oats, brown sugar, brown rice crisp [whole grain brown rice flour, sugar, salt], whole grain wheat, soybean oil, whole wheat flour, baking soda, soy lecithin, nonfat dry milk), sugar, brown rice crisp (whole grain brown rice flour, sugar, salt), hydrogenated palm kernel oil, corn syrup, invert sugar, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), brown sugar, corn syrup solids, whey, glycerin, non hydrogenated shortening (monounsaturated canola oil, modified palm oil, palm kernel oil), lactose, cocoa powder, cocoa (processed with alkali), sorbitol, milk fat, salt, soy lecithin, glyceryl lacto esters of fatty acids, natural flavor, tocopherols (to preserve freshness), soybean oil.

Example - Masala Mix

salt



New Ingredient List

ORIGINAL

INGREDIENTS: WHEAT FLOUR, FANCY MOLASSES, VEGETABLE OIL SHORTENING (SOYBEAN AND/OR CANOLA AND MODIFIED PALM OIL), BROWN SUGAR, LIQUID WHOLE EGG, SUGAR, SALT, SODIUM BICARBONATE, SPICES, COLOUR
CONTAINS: WHEAT, EGG, SOY

NEW

Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Wheat flour • Vegetable oil shortening (soybean and/or canola and modified palm oil) • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red
Contains: Wheat • Egg • Soy

Nutrition Facts Panel

The Nutrition Facts Panel allows you to:

- learn about nutrients the item contains
- compare similar foods
- look for foods that have a little or a lot of a certain nutrient
- select foods for special diets

Nutrition Facts	
Valeur nutritive	
Per 1 cup (122 g) pour 1 tasse (122 g)	
Calories 140	% Daily Value * % valeur quotidienne *
Fat / Lipides 8 g	11 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 5 mg	1 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 10 mcg	1 %
Vitamin C / Vitamine C 14 mg	16 %
Thiamine 0.05 mg	4 %
Riboflavin / Riboflavine 0.05 mg	4 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Start with Serving Size

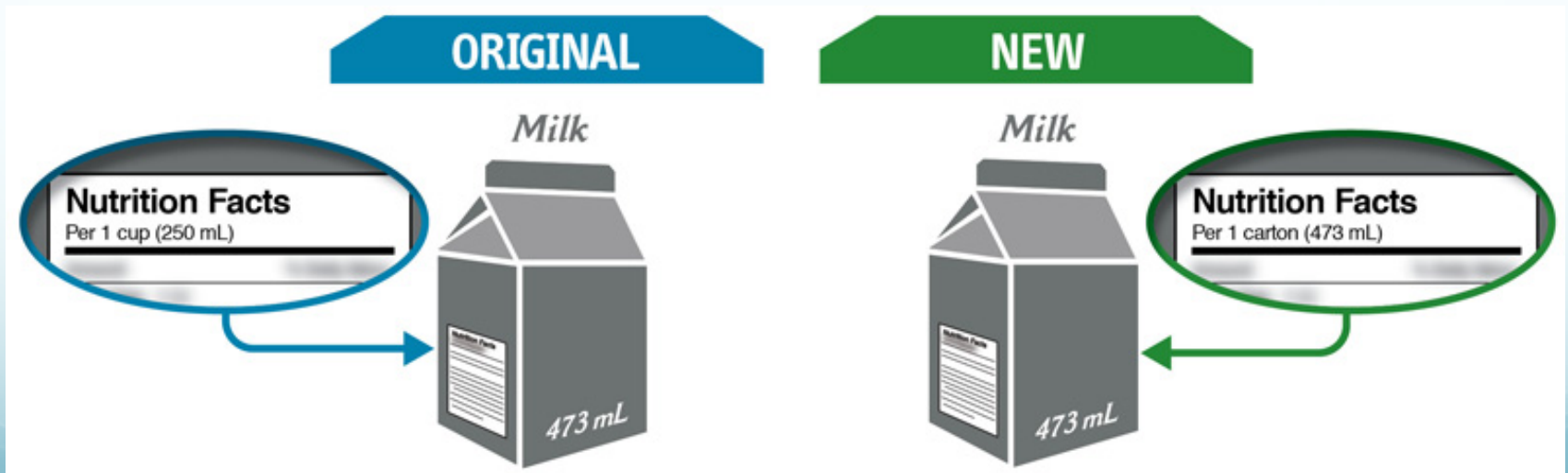
- All nutrient information based on this amount
- Listed in common household measures.
- All serving sizes ARE NOT the same.



Nutrition Facts	
Per 1 cup (264g)	
Amount	% Daily Value
Calories 260	
Fat 13g	20%
Saturated Fat 3g + Trans Fat 2g	25%
Cholesterol 30mg	
Sodium 660mg	28%
Carbohydrate 31g	10%
Fibre 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

New Label - Serving Size

- Easier to compare similar foods
- Amount you would likely eat in one sitting



% Daily Value

Nutrition Facts	
Valeur nutritive	
Per 1 cup (122 g) pour 1 tasse (122 g)	
Calories 140	% Daily Value*
	% valeur quotidienne
Fat / Lipides 8 g	11 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 5 mg	1 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 10 mcg	1 %
Vitamin C / Vitamine C 14 mg	16 %
Thiamine 0.05 mg	4 %
Riboflavin / Riboflavine 0.05 mg	4 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

% Daily Value

It is based on nutrient goals for an adult eating 2000 calories/day. The percent daily value (% DV) shows you if a food has a little or a lot of a nutrient.

5% daily value or less is a little of a nutrient

15% daily value or more is a lot of a nutrient

How to Use % Daily Value

- Look for **15% or more** of daily value for things you want to eat more of, like fibre, protein, vitamins and minerals.
- Look for **5% or less** of daily value for things you want to eat less of, like sodium and saturated fat.

New Nutrition Facts Panel

ORIGINAL	
Nutrition Facts Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
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	10 %

NEW			
Nutrition Facts Valeur nutritive			
Per 1 cup (250 mL) pour 1 tasse (250 mL)		Serving size stands out more and is more similar on similar foods	
Amount Teneur	% Daily Value % valeur quotidienne		Daily Values updated
Calories 110			
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 %		New % Daily Value for total sugars
Protein / Protéines 2 g			
Cholesterol / Cholestérol 0 mg			
Sodium 0 mg	0 %		
Potassium 470 mg	10 %		
Calcium 26 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		Updated list of minerals of public health concern	

Calories is larger and stands out more with bold line below

mg amounts are shown

New % Daily Value footnote

Sugar

- Look for 15% or less daily value for sugar.

The following table provides examples of the sugars % daily value for some common food items.

Less than 15% daily value of sugars	More than 15% daily value of sugars
Milk (13%)	Chocolate milk (26%)
Plain yogurt (12%)	Flavoured yogurt (31%)
Canned fruit in water (10%)	Canned fruit in light syrup (21%)
Unsweetened frozen fruit (6%)	Fruit juice (25%)
Unsweetened oat cereal (1%)	Frosted oat cereal (18%)
Mineral water (0%)	Soft drink (39%)

1 teaspoon sugar = 4 grams

Example - Cereal

• VERY HIGH SOURCE OF FIBRE • LOW IN FAT
• SOURCE OF 9 ESSENTIAL NUTRIENTS
• AN ADULT CEREAL

Nutrition Facts		
Serving 1/3 cup (28 g)		
Amount per serving	Cereal	With 1/2 Cup 1% Milk
Calories	70	130
% Daily Value		
Fat 0.5 g†	1 %	3 %
Saturated 0 g + Trans 0 g	0 %	4 %
Cholesterol 0 mg	0 %	2 %
Sodium 190 mg	8 %	11 %
Potassium 250 mg	7 %	13 %
Carbohydrate 23 g	8 %	10 %
Fibre 12 g	48 %	48 %
Sugars 8 g		
Starch 3 g		
Protein 3 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	2 %	15 %

Comparison - Milk

Skim Milk

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) / par 1 tasse (250 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 115 mg	5 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 11 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	45 %

Flavoured Milkshake

Nutrition Facts Valeur nutritive	
Per 1 bottle (310 mL) pour 1 bouteille (310 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 270	
Fat / Lipides 7 g	11 %
Saturated / saturés 4 g + Trans / trans 0.1 g	21 %
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 220 mg	9 %
Carbohydrate / Glucides 42 g	14 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 40 g	
Protein / Protéines 10 g	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	50 %

Comparison - Burgers

Product 1

Nutrition Facts

Per burger (85 g)

Amount	% Daily Value
Calories 210	
Fat 18 g	28 %
Saturated 7 g + Trans 0.5 g	38 %
Cholesterol 55 mg	
Sodium 330 mg	14 %
Carbohydrate 1 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 12 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	10 %

Product 2

Nutrition Facts

Per burger (85 g)

Amount	% Daily Value
Calories 123	
Fat 7 g	17 %
Saturated 3 g + Trans 0.5 g	17 %
Cholesterol 33 mg	
Sodium 200 mg	8 %
Carbohydrate 1 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 14 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	12 %

Which would you choose?

Plain yogurt

Valeur nutritive Nutrition Facts	
pour 3/4 tasse (175g) Per 3/4 cup (175g)	
Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 100	
Lipides / Fat 0g	0 %
saturés / Saturated 0g + trans / Trans 0g	0 %
Cholestérol / Cholesterol 0mg	
Sodium / Sodium 65mg	3 %
Glucides / Carbohydrates 6g	2 %
Fibres / Fibre 0g	0 %
Sucres / Sugars 6g	
Protéines / Protein 17g	
Vitamine A / Vitamin A	0 %
Vitamine C / Vitamin C	0 %
Calcium / Calcium	20 %
Fer / Iron	0 %

Fruit flavoured yogurt

Valeur nutritive Nutrition Facts	
pour 3/4 tasse (175 g) Per 3/4 cup (175g)	
Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 140	
Lipides / Fat 0g	0 %
saturés / Saturated 0g + trans / Trans 0g	0 %
Cholestérol / Cholesterol 0mg	
Sodium / Sodium 55mg	2 %
Glucides / Carbohydrates 20g	7 %
Fibres / Fibre 0g	0 %
Sucres / Sugars 19g	
Protéines / Protein 15g	
Vitamine A / Vitamin A	0 %
Vitamine C / Vitamin C	0 %
Calcium / Calcium	20 %
Fer / Iron	0 %

Which would you choose?

Regular

Nutrition Facts	
Serving Size ½ cup (125 g)	
Servings Per Container 3	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 4g	7%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 250mg	10%
Potassium 530mg	15%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 8g	
Vitamin A 10%	• Vitamin C 25%
Calcium 2%	• Iron 10%

Fat Free

Nutrition Facts	
Serving Size ½ cup (125 g)	
Servings Per Container 3	
Amount Per Serving	
Calories 152	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 250mg	10%
Potassium 530mg	15%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 29g	
Protein 8g	
Vitamin A 10%	• Vitamin C 25%
Calcium 2%	• Iron 10%

Nutrition Claims

- Regulated vs. Marketing



- Keep in mind: Health claims are optional and only highlight a few key nutrients or foods. You still need to refer to the Nutrition Facts panel to make food choices that are better for you.

Claim - Fibre

- High Fibre
- Must contain at least **5** grams of fibre per serving



Claim - Sodium

Low

vs.

25% less



140 mg



600 mg

Claim - Cholesterol

- No cholesterol



- Remember: cholesterol comes from animal foods

Claim - Sugar

- No sugar added



28 grams sugar = 7 teaspoons

Claim - Light

- Extra Light



Claim- Health

- Health Related Claim



Marketing Claims

- “All Natural”
- “No preservatives”
- “Made with real fruit/vegetable”
- “Low Carb” or “Gluten free”
- Company Brand



Trans Fats

- Partially Hydrogenated Vegetable Oils
- Used in industry in products like shortening, snack foods, deep fried restaurant foods.
- Banned in Canada as of September 2020
- All labels should have 0 for trans fat



Is Organic Better?



Organic foods *do not* contain:

- man made pesticides and fertilizers,
- genetically modified organisms (GMOs)
- irradiation

But:

Organic foods:

- can still contain some pesticide residue
- are not more or less nutritious than non-organic produce
- are often more expensive than non-organic foods

Grocery Shopping Tips

- Shop the perimeter of the store first
- More whole foods, less packaged foods



Let's Practice

- Look for an item you regularly eat in your pantry or fridge.
- Check the ingredient list. What are the first 3 ingredients?
- Check the nutrition facts panel. What is the %DV for saturated fat, sodium, fibre and sugar?
- Are there any claims that are misleading?



Resources

- unlockfood.ca
- healtheuniversity.ca (cardiaccollege.ca)
- canada.ca/en/health-canada.html



Cardiac College Videos

The screenshot displays the Health e-University website. At the top, there is a navigation bar with 'Health e-University', 'About Us', 'Diabetes College', and a search bar. Below this is a large banner image featuring a bowl of olive oil, salmon, tomatoes, and an avocado. The 'CARDIAC college' logo is in the top left of the banner. Below the banner is a horizontal menu with options: 'Treat Heart Disease', 'Get Active', 'Eat Healthy' (selected), 'Feel Well', 'Take Control', 'THRIVE', and 'myVCR'. On the left side, there is a vertical sidebar with a list of topics: 'What is Healthy Eating?', 'Fats', 'Fibre', 'Sodium', 'Reading Food Labels', 'Recipes', 'Making Healthy Food Choices' (highlighted), and 'Are You Eating the Mediterranean Way?'. The main content area is titled 'Making Healthy Food Choices'. It includes a paragraph: 'Choosing healthy foods can improve your health, help you feel better, and live longer. With so many options, it can be hard to know what foods to choose. This video series shares tips on how to choose healthy foods in the grocery store.' Below this, it states 'Videos provided to you in partnership with Longo's' and 'Presented By Longo's'. There are three video thumbnails: 'Choosing Healthy Breads' (showing bread), 'Choosing a Healthy Cereal' (showing berries and cereal), and 'Choosing a Healthier Cheese' (showing cheese). Each thumbnail has a 'View Tip Card' button below it. At the bottom, there are three more small images: a bowl of soup, a bowl of berries, and a bowl of nuts.

Cardiac College Tip Sheets

Choosing a Healthy Soup



Fresh soup in the refrigerator section often has the **lowest sodium**

Making your own soup?



Look for fresh, frozen or canned legumes and vegetables to add to your soup



Look for herbs and spices to add flavour to your soup without adding any salt

Check the nutrition facts table



Choose soup and soup broth that has **5% or less** daily value of sodium



Choose soup that has **15% or more** daily value of fibre



Check the package for the nutrition claim **High Source of Fibre**

Disclaimer: These tips are for information only. They do not replace advice from your doctor.

Nutrition Facts Valeur nutritive

Serving Size (250 mL) / Portion (250 mL)

Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories	140	
Fat / Lipides	1g	2 %
Saturated / saturés	0.3g	0 %
+ Trans / trans	0g	
Cholesterol / Cholestérol	0mg	0 %
Sodium / Sodium	140mg	6 %
Carbohydrate / Glucides	18g	6 %
Fibre / Fibres	4g	16 %
Sugars / Sucres	7g	
Protein / Protéines	3g	
Vitamin D / Vitamine D	0mcg	0 %
Calcium / Calcium	43mg	4 %
Iron / Fer	2mg	10 %
Potassium / Potassium	166mg	4 %

Questions

