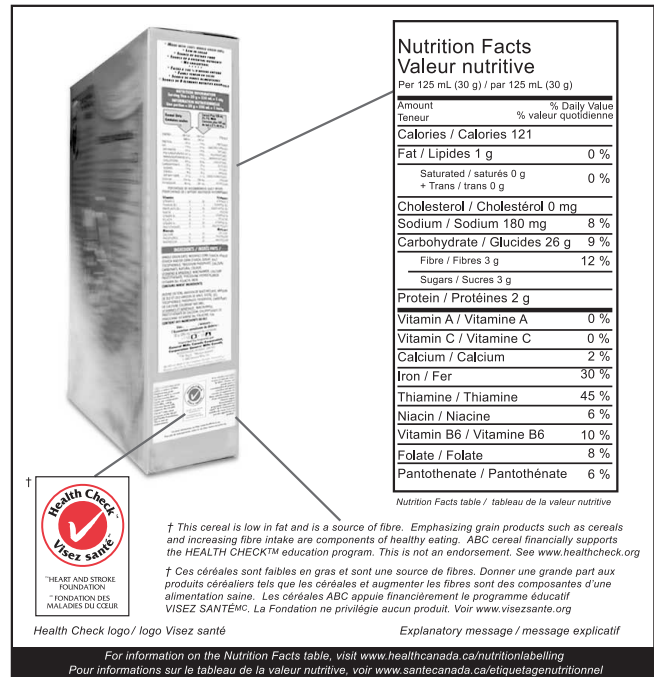


# Nutrition Labelling and Health Check™

Health Canada has introduced new nutrition labelling regulations for many of the foods you buy. Better information on food labels will help you when grocery shopping. Another tool that will guide you through the grocery store is the Health Check™ logo. The new regulations will assist you in making informed food choices; the Health Check symbol reassures you that the product is a healthy choice.

Food manufacturers are required to put certain information about their products on the label. The nutrition label gives you a “snapshot” of the food’s nutrition value. It helps you compare similar products and make informed choices about the foods you buy. Key pieces of information to look for on food labels are the:

1. Ingredient List
2. Nutrition Facts Table
3. Nutrient Content Claims
4. Health Claims
5. Health Check



Nutrition Facts Valeur nutritive	
Per 125 mL (30 g) / par 125 mL (30 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 121	
<b>Fat / Lipides</b> 1 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 180 mg	8 %
<b>Carbohydrate / Glucides</b> 26 g	9 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 3 g	
<b>Protein / Protéines</b> 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	30 %
Thiamine / Thiamine	45 %
Niacin / Niacine	6 %
Vitamin B6 / Vitamine B6	10 %
Folate / Folate	8 %
Pantothenate / Pantothénate	6 %

Nutrition Facts table / tableau de la valeur nutritive

† This cereal is low in fat and is a source of fibre. Emphasizing grain products such as cereals and increasing fibre intake are components of healthy eating. ABC cereal financially supports the HEALTH CHECK™ education program. This is not an endorsement. See [www.healthcheck.org](http://www.healthcheck.org)

† Ces céréales sont faibles en gras et sont une source de fibres. Donner une grande part aux produits céréaliers tels que les céréales et augmenter les fibres sont des composantes d'une alimentation saine. Les céréales ABC appuie financièrement le programme éducatif VISEZ SANTÉ™. La Fondation ne privilégie aucun produit. Voir [www.visezsanter.org](http://www.visezsanter.org)

Health Check logo / logo Visez santé

Explanatory message / message explicatif

For information on the Nutrition Facts table, visit [www.healthcanada.ca/nutritionlabelling](http://www.healthcanada.ca/nutritionlabelling)  
Pour informations sur le tableau de la valeur nutritive, voir [www.santecanada.ca/etiquetagenutritionnel](http://www.santecanada.ca/etiquetagenutritionnel)

## 1 Ingredient List

Manufacturers are required to list all ingredients found in the product beginning with the ingredient used most. For example, if a label lists the ingredients as whole wheat flour, sugar and hydrogenated vegetable oil, then you know the largest single ingredient is whole wheat flour, followed by sugar, then vegetable oil.

### Tips for Reading the Ingredient List

- **Fats:** can be listed as fat, lard, shortening, oils (palm, coconut, hydrogenated vegetable), monoglycerides, diglycerides, or tallow.

- **Sugars:** can be listed as sugar, honey, molasses, anything that ends in “ose” (dextrose, sucrose, fructose, maltose, lactose), dextrin, maltodextrin, or syrups.
- **Salts:** can be listed as salt, MSG, sodium, baking soda, baking powder, brine, kelp, or soy sauce.
- **Quantity:** The ingredient list does not provide amounts, so look for the Nutrition Facts table for more details.

## 2 Nutrition Facts Table

Under mandatory nutrition labelling, a Nutrition Facts table including calories and 13 core nutrients must be included on most pre-packaged foods. These core nutrients are fat, saturated and trans fat, cholesterol, sodium, carbohydrate, fibre, sugars, protein, vitamins A and C, calcium and iron. This information will be presented in a standard format making it easier to find and use.

Some food and beverages won't have to carry this information. Examples include fresh fruit and vegetables and single ingredient meat and poultry that are not ground.

Small businesses have until 2007 to comply.

### Tips for Reading the Nutrition Facts Table

- **Servings:** The table provides information about nutritional content which is based on a very specific amount of food. Be sure to check the serving size since it can differ from product to product and compare it to the amount you eat.
- **Nutrient Values:** Values listed for the 13 nutrients are for the amount of the nutrient in the specified quantity of food.
- **% Daily Values:** They are based on recommendations for a healthy diet. It will help you understand what the nutrient values mean. If a food contains 240 mg of sodium and the Daily Value for sodium is 2400 mg, then this food is providing 10% of this amount.

- **More or less of a nutrient:** Use the table as a guide for nutrients you are trying to increase (e.g. fibre, vitamins A and C, calcium, iron) or trying to decrease (e.g. saturated + trans fats, cholesterol, sodium).
- **Fat:** Look under “Fat” and note the amount of saturated and trans fat in the food and try to keep this type to a minimum.
- **Fibre:** Look under “Carbohydrate.” Foods with 2 grams or more of fibre per serving are sources of fibre. Those with more than 6 grams are very high sources of fibre.

- **Salt:** Look for sodium in milligrams (mg). The % Daily Value will help you understand if this food has a little or a lot of sodium.
- **Sugar:** Sugar adds flavour and taste but is also a source of calories. There is no % Daily Value for sugar because Health Canada’s Nutrition Recommendations don’t recommend a specific amount of sugar. The table gives the content of sugars from all sources (naturally occurring sugars plus added sugars, if any). To know whether sugars have been added, look at the ingredient list for ingredients such as corn syrup, dextrose, fructose, glucose, malt syrup, invert sugar and others.

## 3 Nutrient Content Claims

Manufacturers may also make Nutrient Content Claims about their product. A claim highlights a nutrition feature of a food. These claims are clearly defined in the new Health Canada regulations. All products using claims must follow the exact conditions outlined in the regulations including specific criteria and wording.

### Tips for Understanding Nutrient Content Claims

- **Nutrient Content Claims on a food package:** If you see a Nutrient Content Claim on a food package, remember to also look at the Nutrition Facts table. These claims usually only highlight one nutrient of a food, and are optional.
- **Popular claims:** Look for one of these words if you want to know whether a food has a nutrition claim: low, less, reduced or lower, more, very high, light/lite, source of, good or high source of, excellent or very high source of.

## 4 Health Claims

Four Health Claims have been introduced to highlight a relationship between diet and certain diseases. These are based on health and scientific criteria. In order to include a health claim on a food package, the food company must make sure that the food meets the established criteria for that claim. Here are the four permitted health claims:

- A diet low in saturated fat and trans fat reduces risk of heart disease.
- A diet with adequate calcium and vitamin D, and regular physical activity reduces risk of osteoporosis.
- A diet rich in vegetables and fruit reduces risk of some types of cancer.

- A diet low in sodium and high in potassium reduces risk of high blood pressure.

### Tips for Understanding Health Claims

- **Health Claims on a food package:** Remember to also look at the Nutrition Facts table. While a health claim may help reduce one disease, the same food could be high in another nutrient that you are or want to be cautious about.
- **Health Claims are voluntary:** A food company can choose whether or not to include a health claim if their product meets the established criteria.

## 5 Health Check

Health Check™ is a food information program developed and run by the Heart and Stroke Foundation of Canada. It is a simple tool designed to make it easier for you to make wise food choices when grocery shopping.

Foods that display the Health Check logo meet specific nutrient criteria to ensure they are part of a healthy diet. There are different criteria for different food categories, depending on the important nutrient components of each food. For example, the criteria for bread focus on fat and fibre, while the criteria for milk products focus on fat and calcium. In a number of food categories, such as plain vegetables and fruit (fresh and frozen), all foods fit.

Look for the Health Check logo on food products in your grocery store.

### Tips for Understanding Health Check

- **Canada’s Food Guide:** Health Check is based on Canada’s Food Guide to Healthy Eating and promotes healthy eating in general, not just heart-healthy eating.
- **Displaying the Health Check logo:** Every food in the program (and the list continues to grow) displays the Health Check logo, the explanatory message telling you how the food is part of healthy eating and the Nutrition Facts table, which provides more details.
- **Variety:** Look for the Health Check logo on a variety of foods from each food group.

**The new regulations will assist you in making informed food choices; the Health Check symbol reassures you that the product is a healthy choice.**

*Health Check™ is a registered trademark of the Heart and Stroke Foundation of Canada.*

[www.heartandstroke.ca](http://www.heartandstroke.ca)