

# How to Read Nutrition Labels

The Nutrition Facts table gives you a lot of information about the foods you eat. Use the label and ingredient list to compare products and help you make healthy food choices.

<b>Nutrition Facts</b>	
Per 100 g (3 slices)	
<b>Calories 90</b>	<b>% Daily Value*</b>
<b>Fat</b> 2.5 g	
Saturated 1 g	3 %
+ Trans 0 g	5 %
<b>Carbohydrate</b> 2.5 g	
Fibre 0 g	0 %
Sugars 2 g	2 %
<b>Protein</b> 14 g	
<b>Cholesterol</b> 25 mg	
<b>Sodium</b> 850 mg	37 %
<b>Potassium</b> 550 mg	12 %
<b>Calcium</b> 20 mg	2 %
<b>Iron</b> 0.75 mg	4 %

\*5% or less is a little, 15% or more is a lot

**Step 1: Look at the serving size.** Compare this to how much you eat. Eating more or less than this serving means you are getting more or less of the nutrients as well.

**Step 2: Read the % Daily Value.** This is a quick way to tell if the food contains a little (5% or less) or a lot (15% or more) of a nutrient.

Daily Value Meter, Source: Health Canada

**Ingredients:** Pork • Water • Sugars (sugar, glucose, solids, detrose) • Potassium lactate • Salt • Flavours • Sodium phosphate • Sodium diacetate • Sodium erythorbate • Sodium nitrite • Smoke flavour • Smoke. Coated with collagen.

**Step 3: Check the ingredient list for additives.** If you have been told your potassium or phosphorus level is high, avoid foods that have ingredients that include the words “potassium” or “phos” in them (e.g. potassium lactate, phosphoric acid, tricalcium phosphate). These are often found in processed foods. Your dietitian can review this with you.

Manufacturers can change ingredients in their products at any time so it is important to check labels and ingredient lists often.