



Interactive Nutrition Label: Get the Facts

You may have noticed that there is nutrition information on many food packages in the grocery store. Canada introduced a new system for providing nutrition information on food labels in 2003. These new regulations are applicable to almost all prepackaged foods, ensuring the Nutrition Facts table has a consistent “look”, and making it easy to find and read. As of December 12, 2005, most companies are required to have a Nutrition Facts table on their food products.

To help you better understand the new food label, Health Canada has created a tool called the **Interactive Nutrition Label**. By exploring our new interactive tool, you can learn how to use nutrition information to make more informed choices about the foods you buy.

Crackers

Nutrition Facts ¹			
Per 4 crackers (20 g) ² ³			
Amount	% Daily Value		
Calories 90			
Fat 3 g	5 %		
Saturated Fat 0.5 g + Trans Fat 1 g	8 %		
Cholesterol 0 mg			
Sodium 132 mg	6 %		
Carbohydrate 14 g	5 %		
Fibre 2 g	8 %		
Sugars 2 g			
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	4 %

⁴ **Ingredients:** Whole wheat, vegetable oil shortening, salt.

- 1) Nutrition Facts Table
- 2) Specific Amount of Food
- 3) % Daily Value
- 4) Core Nutrients
- 5) Nutrition Claims
- 6) List of ingredients



⁵ **Low fat, cholesterol-free, source of fibre**

Following **Eating Well with Canada’s Food Guide** can also help you make healthy food choices.

You can access Eating Well with Canada’s Food Guide at: <http://healthcanada.gc.ca/foodguide>

How will the regulations be enforced?

The regulations will be enforced by the Canadian Food Inspection Agency (CFIA).