



## 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 <sup>1</sup>                    |               |
|---|---------------|
| Per 4 crackers (20 g) <sup>2</sup> <sup>3</sup> |               |
| Amount  | % Daily Value |
| <b>Calories</b> 90                              |               |
| <b>Fat</b> 3 g                                  | 5 %           |
| Saturated Fat 0.5 g<br>+ Trans Fat 1 g          | 8 %           |
| <b>Cholesterol</b> 0 mg                         |               |
| <b>Sodium</b> 132 mg                            | 6 %           |
| <b>Carbohydrate</b> 14 g                        | 5 %           |
| Fibre 2 g                                       | 8 %           |
| Sugars 2 g                                      |               |
| <b>Protein</b> 2 g                              |               |
| Vitamin A 0 %                                   | Vitamin C 0 % |
| Calcium 0 %                                     | Iron 4 %      |

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



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).