

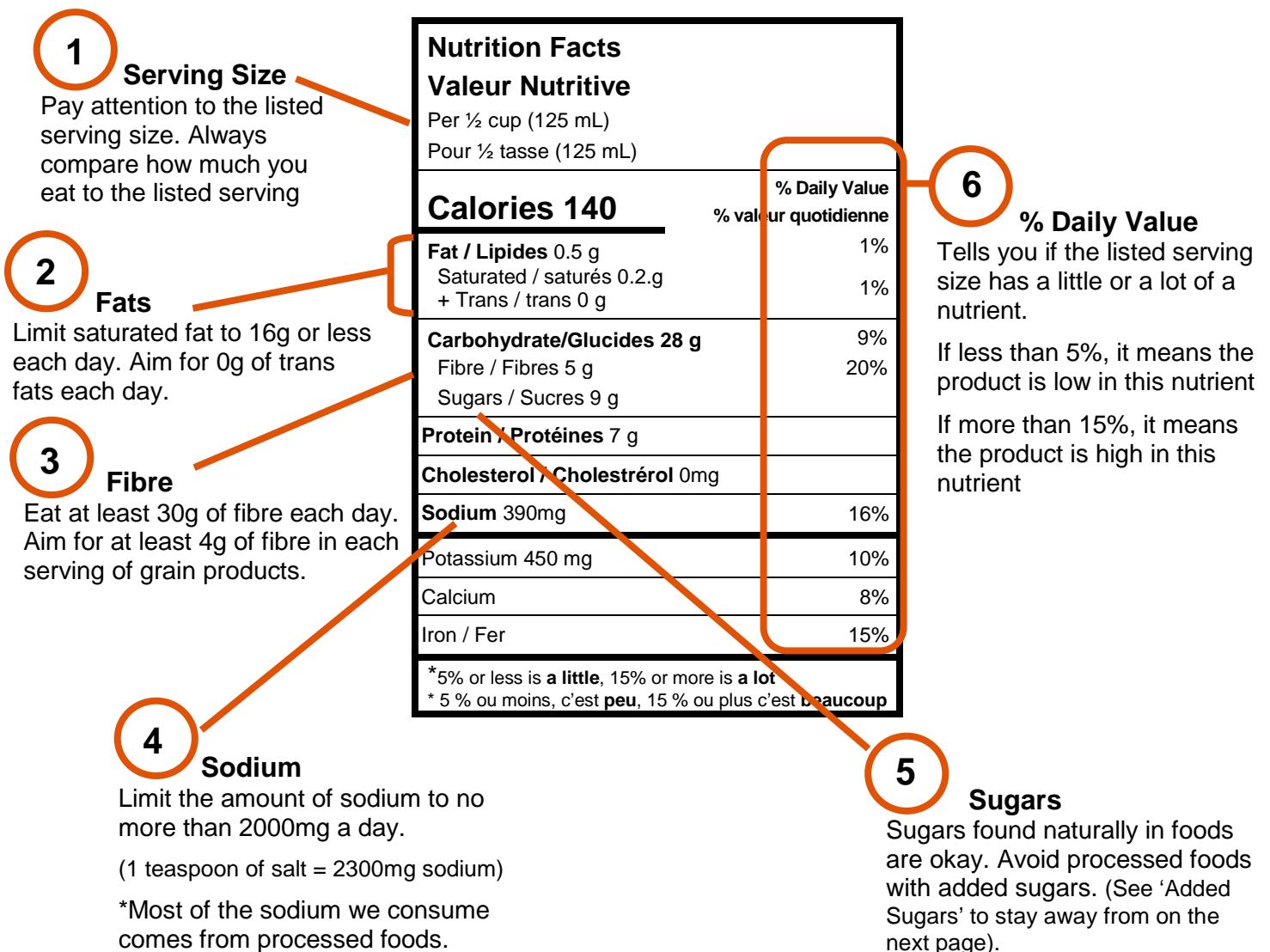
Guide to Heart-Healthy Label Reading

Limit how much processed food you eat.

What to choose instead:

- ✓ vegetables, fresh or frozen
- ✓ fruit, fresh or frozen
- ✓ whole grains
- ✓ fish
- ✓ poultry (such as chicken and turkey)
- ✓ lean meat
- ✓ low fat dairy products
- ✓ dried beans and lentils
- ✓ unsalted nuts and seeds

Steps to reading a Nutrition Facts table



Nutrition Facts		Valeur Nutritive	
Per ½ cup (125 mL)		Pour ½ tasse (125 mL)	
Calories 140		% Daily Value	
		% valeur quotidienne	
Fat / Lipides 0.5 g		1%	
Saturated / saturés 0.2.g		1%	
+ Trans / trans 0 g			
Carbohydrate/Glucides 28 g		9%	
Fibre / Fibres 5 g		20%	
Sugars / Sucres 9 g			
Protein / Protéines 7 g			
Cholesterol / Cholestérol 0mg			
Sodium 390mg		16%	
Potassium 450 mg		10%	
Calcium		8%	
Iron / Fer		15%	
*5% or less is a little , 15% or more is a lot			
* 5 % ou moins, c'est peu , 15 % ou plus c'est beaucoup			

1 Serving Size
Pay attention to the listed serving size. Always compare how much you eat to the listed serving

2 Fats
Limit saturated fat to 16g or less each day. Aim for 0g of trans fats each day.

3 Fibre
Eat at least 30g of fibre each day. Aim for at least 4g of fibre in each serving of grain products.

4 Sodium
Limit the amount of sodium to no more than 2000mg a day.
(1 teaspoon of salt = 2300mg sodium)
*Most of the sodium we consume comes from processed foods.

5 Sugars
Sugars found naturally in foods are okay. Avoid processed foods with added sugars. (See 'Added Sugars' to stay away from on the next page).

6 % Daily Value
Tells you if the listed serving size has a little or a lot of a nutrient.
If less than 5%, it means the product is low in this nutrient
If more than 15%, it means the product is high in this nutrient

Know your ingredients

Always read the ingredient list on packaged foods. Choose products with whole food ingredients. Ingredients are listed from the most to the least by weight. Limit products that have unhealthy fats, added sugars, and added sodium.

Key ingredients to stay away from:

Fats – hydrogenated oils and shortening, coconut oil, palm or palm kernel oil

Added Sugars – honey, molasses, maple sugar, brown sugar, malt, glucose, glucose-fructose, sucrose, dextrose, maltose, any syrup (like agave), high fructose corn syrup (HFCS), fruit juice concentrate

Sodium – sodium chloride, brine, Asian condiments, monosodium glutamate (MSG), any ingredient that has salt or sodium in the name

Know your labels

When the labels claims...	It means...	Examples
free	The amount of the nutrient is insignificant	'sodium free' – less than 5 milligrams in each serving
low	There is a very small amount of the nutrient	'low fat' – 3 grams or less in each serving
reduced or lower	This product has at least 25% or ¼ less of the nutrient compared with a similar product	'reduced calories' – at least 25% less calories than a similar product
light	This product may be 'light' in calories, fat, weight, <u>or</u> colour – beware of products that make this claim	'light olive oil' does not mean lower in fat but is light in colour

Don't be misled

Food companies are allowed to use most of a food's packaging for advertising purposes. Some of this advertising can mislead consumers into thinking a food is healthy, when in fact it is not. Don't be misled by colourful food pictures, free gifts, or celebrity photos.

To learn more:

- Go to www.healthlinkbc.ca → Click on 'Healthy Eating'.