



# Using the Nutrition Facts Table: % Daily Value

## How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

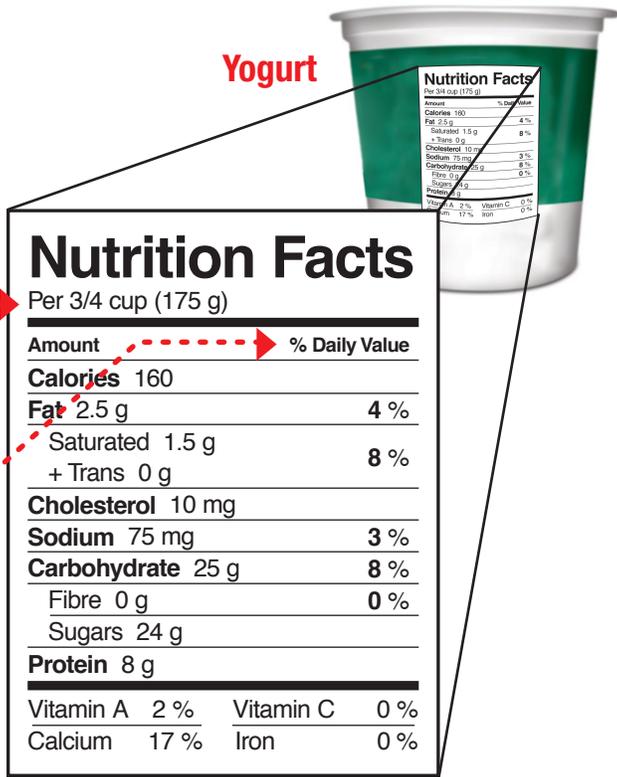
**1 LOOK at the amount of food** - Nutrition Facts are based on a specific amount of food. Compare this to the amount you actually eat.

**2 READ the % DV** - The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

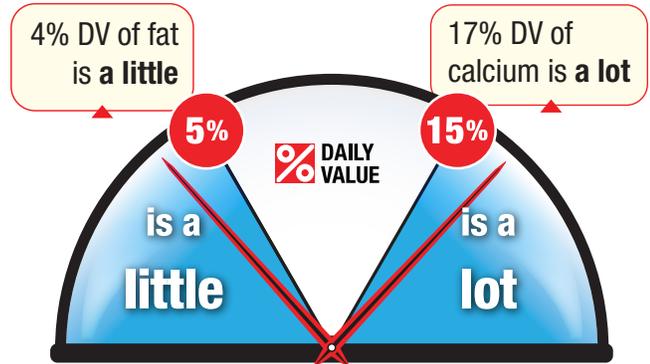
5% DV or less is a **LITTLE**  
 15% DV or more is a **LOT** } This applies to all nutrients.

**3 CHOOSE** - Make a better choice for you. Here are some nutrients you may want...

- |                            |                |
|----------------------------|----------------|
| <b>less of</b>             | <b>more of</b> |
| • Fat                      | • Fibre        |
| • Saturated and trans fats | • Vitamin A    |
| • Sodium                   | • Calcium      |
|                            | • Iron         |



**Here is an example of how to choose:**  
 You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has **a little** fat (4% DV) and **a lot** of calcium (17% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!



## How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:

### 1 LOOK at the amounts of food

Compare the amounts of food in the Nutrition Facts tables.

**Cracker A** has 9 crackers and weighs 23 grams. **Cracker B** has 4 crackers and weighs 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.

### 2 READ the % DVs

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

**Cracker A** has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.

**Cracker B** has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

**Remember: 5% DV or less is a little and 15% DV or more is a lot.** This applies to all nutrients.

### 3 CHOOSE

In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle.

Use the Nutrition Facts table and *Eating Well with Canada's Food Guide* to make healthier food choices.

#### Cracker A

Nutrition Facts	
Per 9 crackers (23 g)	
Amount	% Daily Value
<b>Calories</b> 90	
<b>Fat</b> 4.5 g	7 %
Saturated 2.5 g	13 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 275 mg	12 %
<b>Carbohydrate</b> 12 g	4 %
Fibre 1 g	4 %
Sugars 0 g	
<b>Protein</b> 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

#### Cracker B

Nutrition Facts	
Per 4 crackers (20 g)	
Amount	% Daily Value
<b>Calories</b> 85	
<b>Fat</b> 2 g	3 %
Saturated 0.3 g	2 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 90 mg	4 %
<b>Carbohydrate</b> 15 g	5 %
Fibre 3 g	12 %
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 7 %

#### Did you know?

You may be able to compare products that don't have similar amounts of food.

For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 2 slices of bread (70 g) because you would most likely eat either amount of food at one meal.

