



NOVEMBER 2022 | UBC ACTIVE KIDS

November Newsletter

How to read a NUTRITION FACTS label

Reading food packaging labels can be complicated and confusing! Health Canada has recently changed nutrition facts labeling protocols requiring all brands to update their labels by December 14th 2022. Read below to learn what was updated and use these simple tips to help make food choices that fit your families unique needs.

Nutrition Facts Label Breakdown

Nutrition Facts Valeur nutritive	
Per 1 cup (250 ml) pour 1 tasse (250 ml)	
Calories 110	% Daily Value*
Fat / Lipides 0 g	
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Check the serving size to see how much food is needed to get the nutrition detailed on the label, serving sizes are updated to **a)** be more consistent across similar food products and **b)** reflect more realistic portions

Sugars now have a % daily value. Remember, "sugars" includes natural and added sugar, you will have to check the ingredients list for any added sugar

Vitamins and minerals now have their weights (in milligrams) listed along with % daily value

A bit of guidance on % daily value is included

How to use % daily value

- % daily value is listed next to fats, fibres, sugars, vitamins and minerals
- It's based on general values for these nutrients that are not specific to your age, gender or personal needs
- Instead of using the % daily value to determine your personal needs, use it to **compare food products**. It is meant to be a tool used to compare different products, helping you determine which foods have more or less of certain nutrients

Ingredients: Sugars (corn syrup, sugar, pear juice concentrate, apple juice concentrate), Modified corn starch, Carrot juice concentrate, Citric acid, Ascorbic acid, Sodium citrate, Pectin, Malic acid, Fruit and vegetable juice concentrates (colour), Sunflower oil, Natural flavour, Carnauba wax, Annatto (colour).

The ingredients list has been updated to make it easier for consumers to gauge **how much sugar** is in food products. Ingredients are still listed by weight in descending order, however the weights of all the sugars added to the food product are combined and listed together in brackets following "sugar".



Pst . . . Scan this QR code or click [this link](#) to fill out a survey telling us what newsletter topics you want to read more about !!!