

# Blue Sky FHT Newsletter

## Focus on Label Reading

### The Nutrition Label

The Nutrition Facts Table is a great way to compare similar food products. For example comparing amounts of fibre on cereals.



Cereal A

Nutrition Facts	
Per 1/2 cup (28 g)	
Amount	% Daily Value
Calories 120	
Fat 1 g	2 %
Saturated Fat 0.2 g	
+ Trans Fat 0 g	1 %
Cholesterol 0 mg	
Sodium 170 mg	7 %
Carbohydrate 23 g	8 %
Fibre 7 g	28 %
Sugars 5 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %

Cereal B

Nutrition Facts	
Per 3/4 cup (30 g)	
Amount	% Daily Value
Calories 120	
Fat 0 g	0 %
Saturated Fat 0 g	
+ Trans Fat 0 g	0 %
Cholesterol 0 mg	
Sodium 150 mg	6 %
Carbohydrate 27 g	9 %
Fibre 1 g	4 %
Sugars 10 g	
Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %

Using the % daily value shows you if there is a lot or a little of a nutrient. Sodium is one nutrient we want to keep low.

### The Ingredient List

Reading the ingredient list can help you check for ingredients you may be avoiding due to an allergy or intolerance. Ask for a referral to see the Registered Dietitian for help with allergy and intolerance to foods.



Family Health Team  
Équipe de santé familiale

## Two Label Reading Tips



Deli meats are quick, but can be loaded with sodium. Canned goods are also high in sodium. Check the nutrition labels to find out the facts on sodium.



Look for products less than 200mg of sodium

### Nutrition Facts

Per 3/4 cup (175 g)

Amount	% Daily Value
<b>Calories</b> 160	
<b>Fat</b> 2.5 g	<b>4 %</b>
Saturated 1.5 g	<b>8 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 10 mg	
<b>Sodium</b> 75 mg	<b>3 %</b>
<b>Carbohydrate</b> 25 g	<b>8 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 24 g	
<b>Protein</b> 8 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %



Grains like pasta, breads, crackers, rice and quinoa give us fibre. Fibre helps to keep our bowels regular and can help manage cholesterol and blood sugars. Try choosing grains that have more fibre.