

## Learning Intentions

1. To learn what information can be found on a food label in Canada

## Notes

In Canada, many food items require a food label. The information on these labels is described at <https://www.canada.ca/en/health-canada/services/understanding-food-labels.html>

1. List 5 food items that do not require a label:

- a. Fresh fruit & Veggies
- b. Alcohol with  $> 0.5\%$  alcohol by volume
- c. Fresh meat
- d. Fresh baked goods
- e. Takeout

2. The ingredients list on the label orders the ingredients from most to least.

3. Many nutrients are listed under different names. List 2 names for each of the following ingredients:

- a. Saturated fat: cocoa butter, shortening, tallow, lard
- b. Trans fat: hard margarine, shortening
- c. Sodium: salt, MSG, soy sauce
- d. Sugar: glucose/fructose, corn syrup, evaporated cane juice, honey  
maple syrup

4. Calories are essential, providing the energy which we need to live.

- a. There are 4 calories in 1 gram of protein.
- b. There are 9 calories in 1 gram of fat.
- c. There are 4 calories in 1 gram of sugar.

5. The nutrient table gives the amount of each nutrient as a percent of the recommended daily  
value (% DV).

a. 15 % DV or more is a lot of a nutrient

b. 5 % DV or less is a little of a nutrient

c. If the recommended DV for iron is 14 mg, and 125 mL of boiled spinach has 3 mg of iron, what

% DV is there in the spinach?  $\frac{3\text{mg}}{14\text{mg}} \times 100\% = 21\%$

6. The serving size shows how much food is in a single serving. For example, the serving size for Tostitos Tortilla Chips is 7 chips, weighing 28 grams and containing 140 calories.

a. If you eat 21 chips, how many calories will you consume?  $21 \text{ chips} \times \frac{140 \text{ cal}}{7 \text{ chips}} = 520 \text{ cal}$

b. If you eat the whole bag (300 g), how many calories will you consume?  $300 \text{ g} \times \frac{140 \text{ cal}}{28 \text{ g}} = 1500 \text{ cal}$

c. Try to find this nutrition information on the company website at <https://www.fritolay.com/nutrition-facts-canada>

7. On food labels in Canada, there can be nutrient claims with very specific meanings. They can be found at <https://www.canada.ca/en/health-canada/services/understanding-food-labels/nutrient-content-claims-what-they-mean.html>

a. Free/No/Zero/Without: This does not mean *none*. It just means that there is less than a particular amount. For example, zero calorie means that there are fewer than 5 calories per serving.

8. Food labels in Canada can one of 5 health claims.

a. The health claims relate the amount of a particular nutrient to a particular effect in humans, such as "reduced risk of high blood pressure".