

# Label Facts

Reading and understanding food labels helps us to make informed choices about the foods we eat. Look for the Nutrition Facts table, the ingredient list and any nutrition claims when buying packaged food in Canada.

<b>Nutrition Facts</b>			
Per 2 slices (64 g)			
Amount		% Daily Value	
<b>Calories</b> 140			
<b>Fat</b> 1.5 g			<b>2 %</b>
Saturated 0.3 g + Trans 0.5 g			<b>4 %</b>
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 290 mg			<b>12 %</b>
<b>Carbohydrate</b> 26 g			<b>9 %</b>
Fibre 3 g			<b>12 %</b>
Sugars 2 g			
<b>Protein</b> 5 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	10 %

Information in the Nutrition Facts table is based on a specific amount of food. Compare the serving size with the amount that you would normally eat.

Use % Daily Value to find out how much of a specific nutrient there is in a food.

This number is the actual amount (quantity) of the nutrient in the serving size listed on the label. Even if the number is zero, it still appears on the label.

The ingredients are listed by weight, from the most to the least.

**Ingredients:** whole wheat flour, water, yeast, sugar/glucose-fructose, vegetable oil (canola/soybean), salt, wheat gluten, sodium stearoyl-2-lactylate, diacetyl tartaric acid, esters of mono & diglycerides, calcium propionate.

Nutrient claims can be found on many different food items. Also may include diet-related health claims that show a relationship between diet and a disease or condition.

**Nutrition and Health Claims:**  
*Cholesterol Free*