

## HOW TO: READ A NUTRITION FACTS TABLE

- 1 **Serving Size:** tells you the amount for 1 serving of the product which the nutrient amounts are based on.
- 2 **Calories:** total amount of calories (energy) of 1 serving size of the product.
- 3 **Fat:** grams of fat in 1 serving size of the product. Look at the ingredient list to see the types of fat.
- 4 **Carbohydrate:** total grams of carbohydrates including fibre and sugars for 1 serving.
- 5 **Protein:** grams of protein in 1 serving of the product. See the ingredient list for the type of protein.
- 6 **Sodium:** milligrams of sodium or salt per 1 serving size. We want to minimize amounts eaten.
- 7 **Vitamins/Minerals:** keep your eye out for important vitamins/minerals in products including ones listed here for good health and growth.
- 8 **% Values:** percentages give value to us and allow us to measure nutrients.

Nutrition Facts		Valeur nutritive	
Per 2 tbsp (30 g) pour 2 cuil. a soupe (30g)			
<b>Calories</b>	<b>45</b>	% Daily Value* % valeur quotidienne*	
Fat / Lipides	3.5 g		5%
Saturated / saturés	2 g		11%
+ Trans / trans	0.1 g		
Carbohydrate / Glucides	2 g		
Fibre / Fibres	0 g		0%
Sugars / Sucres	1 g		0%
Protein / Protéines	2 g		
Cholesterol / Cholestérol	10 mg		
Sodium	100 mg		4%
Potassium	0 mg		0%
Calcium			6%
Iron			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

