Nutrition Labels

Confused about Nutrition labels? The Government of Canada has recently launched a campaign to help Canadians better understand and use the nutrition information on the Nutrition Facts table on packaged foods.

The “Focus on the Facts” campaign encourages Canadians; especially parents of children aged 2 to 12, to use the “Serving Size” in the Nutrition Facts table on packaged food and beverages to compare similar products. By using the “Serving Size” and “Percent Daily Value”, consumers can choose products that have more of the nutrients they want to consume, such as fibre and calcium, and less of those they don’t want, such as saturated and trans fats and sodium.

To learn more about how to make informed food choices for you and your family check out:
Canada.ca/NutritionFacts