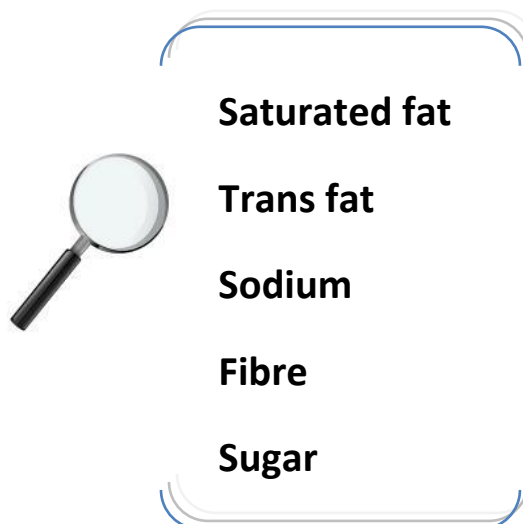




Using the Nutrition Facts Table to Make Heart Healthy Food Choices

Most packaged food products that you purchase contain a **Nutrition Facts Table** on the label. The Nutrition Facts Table lists information on nutrients that are found in the food product. There are 5 key nutrients that matter the most when looking at the Nutrition Facts Table to help determine if a food is heart healthy or not. These are: **saturated fat, trans fat, sodium, fibre** and **sugar**.



Nutrition Facts			
Serving size: ¼ cup (175g)			
Amount	% Daily value		
Calories 100			
Fat 1g	1%		
Saturated 0.5g	3%		
+ Trans 0g			
Cholesterol 0mg			
Sodium 105mg	4%		
Carbohydrate 20g	7%		
Fibre 4g	16%		
Sugars 2g			
Protein 3g			
Vitamin A	0 %	Vitamin C	10%
Calcium	10%	Iron	25%

Reading the label of a food product can help you determine whether it is heart healthy.

- ✓ The less **saturated fat, trans fat, sodium** and **added sugar** in a food product, the better for heart disease prevention.
- ✓ When choosing grain products (e.g. cereal, breads, pasta, etc.), the more **fibre** in a food product the better for heart disease prevention

Saturated fat

Aim for foods with **2 grams or less** saturated fat per serving* more often

Foods often high in saturated fat include high fat dairy products, baked products and higher fat meat choices.

While some nuts contain more than 2 grams saturated fat per serving, they also are very high in healthy unsaturated fat and can help reduce the risk for heart disease. Nuts or nut butters are therefore excluded from the 2 gram or less rule and should be included regularly as part of a heart healthy diet.

** The serving size is listed at the top of the Nutrition Facts Table*

Nutrition Facts	
Serving size: ¾ cup (175g)	
Amount	% Daily value
Calories 100	
Fat 1g	1%
Saturated 0.5g	3%
+ Trans 0g	
Cholesterol 0mg	
Sodium 105mg	4%
Carbohydrate 20g	7%
Fibre 4g	16%
Sugars 2g	
Protein 3g	

Trans Fat

Aim for foods with **0 grams** trans fat per serving more often

Some foods to watch out for include pre-packaged snack foods, baked products, candy bars, cookies and crackers

Nutrition Facts	
Serving size: ¾ cup (175g)	
Amount	% Daily value
Calories 100	
Fat 1g	1%
Saturated 0.5g	3%
+ Trans 0g	
Cholesterol 0mg	
Sodium 105mg	4%
Carbohydrate 20g	7%
Fibre 4g	16%
Sugars 2g	
Protein 3g	

Sodium

Aim for foods with **200mg or less** sodium per serving more often

Foods that are highest in sodium include processed, packaged or canned foods.

Some heart healthy foods such as beans, legumes or fish that are canned may have more than 200mg of sodium per serving. You can reduce the sodium content by draining and rinsing these foods before consuming.

Nutrition Facts	
Serving size: ¼ cup (175g)	
Amount	% Daily value
Calories 100	
Fat 1g	1%
Saturated 0.5g	3%
+ Trans 0g	
Cholesterol 0mg	
Sodium 105mg	4%
Carbohydrate 20g	7%
Fibre 4g	16%
Sugars 2g	
Protein 3g	

Fibre

When choosing grain products, aim for foods with **2 grams or more** fibre per serving more often

Grain products include cereals, breads, pasta, rice, and other foods made with grains or grain flours. These food products vary in fibre content depending on the type of grain and how the grain product has been processed. The more fibre in a grain product, the better.

Nutrition Facts	
Serving size: ¼ cup (175g)	
Amount	% Daily value
Calories 100	
Fat 1g	1%
Saturated 0.5g	3%
+ Trans 0g	
Cholesterol 0mg	
Sodium 105mg	4%
Carbohydrate 20g	7%
Fibre 4g	16%
Sugars 2g	
Protein 3g	

Added Sugar

Aim for foods with **5 grams** or less sugar per serving more often (exception: foods with more than 5 grams of *naturally occurring* sugar e.g. milk, fruit, unsweetened fruit products)

Added sugar versus naturally occurring sugar

There are 2 types of sugar that can be found in a food product.

The first type of sugar is *added sugar*. This is sugar that has been added to the food product during food processing. This type of sugar should be limited to smaller amounts on a heart healthy diet.

The second type of sugar is *naturally occurring* sugar. Sugar can naturally occur in some foods. For example, fruit and some dairy products (e.g. milk, yogurt) contain naturally occurring sugar. Unlike added sugar, this naturally occurring sugar does not need to be limited on a heart healthy diet.

Note: if you have diabetes, managing your intake of both added and naturally occurring sugar is important (if you have questions about this please discuss with your dietitian).

The sugar amount listed on a Nutrition Facts Table is the combined amount of naturally occurring sugar plus any added sugar that is contained in a food product (these two sugar types are not listed separately).

Sugar listed the Nutrition Facts Table = both naturally occurring and added sugar

Nutrition Facts			
Serving size: 1 slice (46g)			
Amount	% Daily value		
Calories 128			
Fat 2g	2%		
Saturated 0g	0%		
+ Trans 0g			
Cholesterol 0mg			
Sodium 160mg	7%		
Carbohydrate 24g	8%		
Fibre 3g	11%		
Sugars 2g			
Protein 4g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron	8%	

How do you tell if a food product contains added sugar versus naturally occurring sugar?

If added sugar is present in a food it will be listed on the ingredient list of the food product. If sugar is listed as one of the *first few ingredients*, this typically means that added sugar is present in larger amounts.

The following are the most common terms used for added sugar on an ingredient list:

Ingredients
Sugar, honey, molasses, syrup, corn syrup solids, glucose, fructose, glucose-fructose, high fructose corn syrup (HFCS), dextrose, maltose, sucrose

If sugar is not listed on the ingredient list, then any sugar amount listed on the Nutrition Facts Table is from naturally occurring sugar found in the food.

If a food product contains only naturally occurring sugar (e.g. milk, fruit, unsweetened fruit products) you do not need to worry about the sugar amount listed on the Nutrition Facts Table as naturally occurring sugar does not need to be limited.

If sugar *is* listed on the ingredient list, and the food product has more than 5 grams sugar per serving on the Nutrition Facts Table, then this product is likely high in added sugar. Try to limit these food products.

Example 1.
This food product contains 2 grams of sugar per serving.
Even though this product contains sugar on the ingredient list, this product is low in added sugar as it has 5 grams or less sugar per serving. This food does not need to be limited

Nutrition Facts			
Serving size: 1 slice (46g)			
Amount	% Daily value		
Calories 128			
Fat 2g	2%		
Saturated 0g	0%		
+ Trans 0g			
Cholesterol 0mg			
Sodium 160mg	7%		
Carbohydrate 24g	8%		
Fibre 3g	11%		
Sugars 2g			
Protein 4g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 8%		
Ingredients: whole wheat flour, cornmeal, vegetable oil, sugar/glucose-fructose modified milk ingredients, salt			

Example 2.

This food product has more than 5 grams of sugar and sugar is listed as the 2nd ingredient.

This food product appears high in added sugar. Try to limit these foods.

2nd ingredient is sugar

Nutrition Facts			
Serving size: ¼ cup (175g)			
Amount	% Daily value		
Calories 130			
Fat 2g	2%		
Saturated 1g	5%		
+ Trans 0g			
Cholesterol 0mg			
Sodium 195mg	4%		
Carbohydrate 26g	9%		
Fibre 1g	4%		
Sugars 11g			
Protein 2g			
Vitamin A 0%	Vitamin C 6%		
Calcium 8%	Iron 15%		
Ingredients: whole grain wheat, sugar , corn bran, salt, malt barley flour, amylase			

Example 3.

This food product has more than 5 grams of sugar but does not contain sugar in the ingredient list

The sugar in this food product is naturally occurring sugar. This food does not need to be limited.

Sugar not on ingredient list

Nutrition Facts			
Serving size: 1 cup (250)			
Amount	% Daily value		
Calories 110			
Fat 2.5	4%		
Saturated 1.5g	8%		
+ Trans 0g			
Cholesterol 10mg			
Sodium 120mg	5%		
Carbohydrate 12g	4%		
Fibre 0g	0%		
Sugars 12g			
Protein 9g			
Vitamin A 10%	Vitamin C 0%		
Calcium 30%	Iron 0%		
Ingredients: milk, vitamin D ³			



What to *Aim for* on the
Nutrition Facts Table for a
Heart Healthy diet

Nutrition Facts

Per serving

Saturated fat 2g or less

Trans fat 0g

Sodium 200mg or less

Fibre 2g or more (grain products)

Sugar 5g or less (exception: milk,
fruit, unsweetened fruit products)

Wallet/purse-sized

Nutrition Facts

Per serving

Saturated fat 2g or less

Trans fat 0g

Sodium 200mg or less

Fibre 2g or more (grain products)

Sugar 5g or less (exception: milk, fruit, unsweetened fruit products)

Nutrition Facts

Per serving

Saturated fat 2g or less

Trans fat 0g

Sodium 200mg or less

Fibre 2g or more (grain products)

Sugar 5g or less (exception: milk, fruit, unsweetened fruit products)

Nutrition Facts

Per serving

Saturated fat 2g or less

Trans fat 0g

Sodium 200mg or less

Fibre 2g or more (grain products)

Sugar 5g or less (exception: milk, fruit, unsweetened fruit products)

Nutrition Facts

Per serving

Saturated fat 2g or less

Trans fat 0g

Sodium 200mg or less

Fibre 2g or more (grain products)

Sugar 5g or less (exception: milk, fruit, unsweetened fruit products)

