

**NUTR 207 SEPT. 17**  
**M. HENDRICKSON**

Food Label

Canada's  
food guide

# Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

Make water  
your drink  
of choice

Choose  
whole grain  
foods

Discover your food guide at

**Canada.ca/FoodGuide**

Canada's  
food guide

# Eat well. Live well.

Healthy eating is more than the foods you eat



**Be mindful of your eating habits**



**Cook more often**



**Enjoy your food**



**Eat meals with others**



**Use food labels**



**Limit foods high in sodium,  
sugars or saturated fat**



**Be aware of food marketing**

Discover your food guide at

**Canada.ca/FoodGuide**

# EVALUATE THE FOLLOWING MEALS USING THE CFG- OPTIONS?

## Breakfast:

- In front of computer



## Snack:

- Standing



## Lunch:

- While on phone



## Snack:

In front of TV







**Nutrition Month 2020**

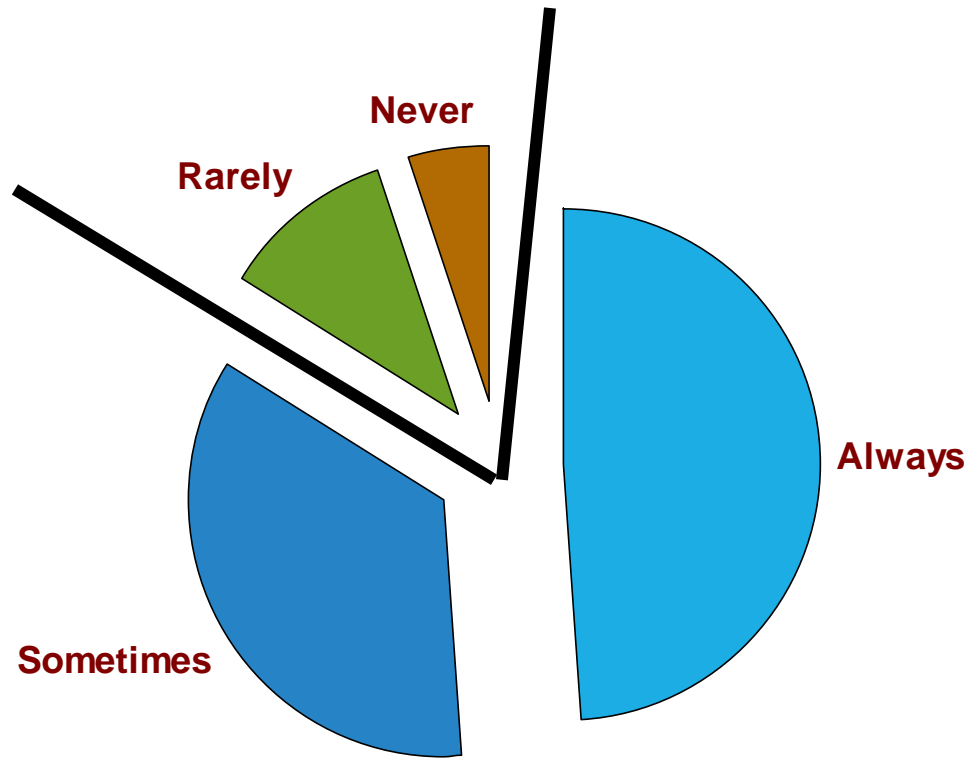
# LEARNING OBJECTIVES

Describe some tools Canadians can use to assess the quality of their diet

Discuss the information included on food labels

Describe the different types of Vegetarian diets and nutritional considerations

# DO YOU READ NUTRITION LABELS?





MENU

[Canada.ca](#) > [Health](#) > [Food and nutrition](#)

## Food labels

About food labels, requirements, buying food grown or prepared in Canada, report a concern and technical documents.



## Services and information

### [Food labelling changes](#)

About the improvements to the nutrition facts table and list of ingredients.

### [Understanding food labels](#)

About nutrition facts tables, serving size, the list of ingredients, percent daily value and nutrition claims.

### [Shopping for Canadian food](#)

How foods that are grown or made in Canada are labelled and what "Product of Canada" and "Made in Canada" labels mean.

### [Technical documents](#)

Documents for industry that outline rules for specific labelling requirements.

### [Awareness resources for healthy eating](#)

Images, articles and fact sheets on nutrition labelling education.

### [Food label requirements](#)

Industry Labelling Tool for Canadian food inspectors and stakeholders and how it informs labelling requirements.

### [Report a food labelling concern](#)

How to report a food label concern, including regulation and mislabelling issues.

## Contributors

- [Canadian Food Inspection Agency](#)
- [Health Canada](#)

## What we are doing

### Laws and regulations

- [Regulations Amending the Food and Drug Regulations \(Nutrition Symbols, Other Labelling Provisions, Partially Hydrogenated Oils and Vitamin D\) in Part I of the Canada Gazette](#)

### Publications

- [Summary of Health Canada's Assessment of Health Claim about Vegetables and Fruit and Health Disease](#)

### [All related publications](#)

### Consultations

- [Consultation on proposed front-of-package labelling](#)

# CONSUMER CORNER: CHECKING OUT FOOD LABELS

Canadian Food Inspection Agency (CFIA)

By Canadian law, most food labels must include:

- Common or usual name of the product
- Name/address of the manufacturer, packer, or distributor
- Net contents by weight, measure, or count
- Nutrition Facts label
- The ingredients, in ordinary language, by descending order of predominance by weight



# CONSUMER CORNER: CHECKING OUT FOOD LABELS

Serving size:

- This amount of the food constitutes a single serving and the portion that contains the nutrient amounts listed

Servings per container may be indicated

Calories:

- Total food energy per serving

Nutrient amounts and % DV

# CONSUMER CORNER: CHECKING OUT FOOD LABELS

## Total fat:

- Grams per serving, breaks down grams of saturated fat and *trans* fat per serving

## Cholesterol and sodium:

- Milligrams per serving

## Total carbohydrate:

- Grams per serving, including starch, fibre, and sugars

## Protein:

- Grams per serving

# WHAT'S ON A CANADIAN FOOD LABEL?

Figure 2-11

## What's on a Food Label?



### Nutrition Facts Valeur nutritive

Per 2 cookies (30 g)/pour 2 biscuits (30 g)

Amount  
Teneur

Daily Value (%)  
valeur quotidienne (%)

Calories/Calories 150

Fat/Lipides 5 g

Saturated/saturés 2 g

+ Trans/trans 0 g

Cholesterol/Cholestérol 5 mg

Sodium/Sodium 50 mg

Carbohydrate/Glucides 25 g

Fibre/Fibres 1 g

Sugars/Sucres 10 g

Protein/Protéines 1 g

Vitamin A/Vitamine A

Vitamin C/Vitamine C

Calcium/Calcium

Iron/Fer

**list of ingredients:** milk chocolate (sugar, cocoa butter, chocolate liquor, milk ingredients, soya lecithin), flour, sugar/glucose-fructose, vegetable oil, butter, water, salt, sodium bicarbonate, pectin, citric acid, natural and artificial flavour, colour.

**Contains: wheat and milk**

**liste des ingrédients:** chocolat au lait (sucre, beurre de cacao, liqueur de chocolat, substances laitières, lécithine de soya), farine, sucre/glucose-fructose, huile végétale, beurre, eau, sel, bicarbonate de sodium, pectine, acide citrique, arôme naturel et artificiel, colorant.

**Contient: blé et lait**

**Made in Canada from domestic and imported ingredients**

**Fabriqué au Canada à partir d'ingrédients canadiens et importés**

123 Cookie Street, Chocoville, Ontario K3A 2V3

Best before/Meilleur avant 13 JA 30

A serving amount of food

kcal information

The quantities of nutrients per serving, provided in actual amounts and as a percentage of Daily Value (%DV), based on a 2,000-kcal energy intake

The ingredients in descending order of predominance by weight

**Allergy claims**

The name and contact information of the manufacturer, packer, or distributor

A "best before" date, when applicable

# Nutrition Facts

## Valeur nutritive

Per 1/3 cup (30 g)\* / Pour 1/3 tasse (30 g)\*

Amount Teneur	% Daily Value % valeur quotidienne
------------------	---------------------------------------

**Calories / Calories 110**

<b>Fat / Lipides 0 g</b>	<b>0 %</b>
--------------------------	------------

Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	

**Cholesterol / Cholestérol 0 mg**

<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
-----------------------------	------------

<b>Carbohydrate / Glucides 25 g</b>	<b>8 %</b>
-------------------------------------	------------

Fibre / Fibres 0 g	0 %
--------------------	-----

Sugars / Sucres 0 g

**Protein / Protéines 2 g**

<b>Vitamin A / Vitamine A</b>	<b>0 %</b>
-------------------------------	------------

<b>Vitamin C / Vitamine C</b>	<b>0 %</b>
-------------------------------	------------



# Which item would you choose?

## What challenges do consumers face?

### Nutrition Facts

Per 2 bars (42 g)

Amount	% DV*
<b>Calories</b> 200	
<b>Fat</b> 9 g	<b>13 %</b>
Saturated 1 g + Trans 0 g	<b>4 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 90 mg	<b>4 %</b>
<b>Carbohydrate</b> 27 g	<b>9 %</b>
Fibre 3 g	<b>10 %</b>
Sugars 10 g	
<b>Protein</b> 3 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	8 %

\* DV = Daily Value

### Nutrition Facts

Per 1 bar (35 g)

Amount	% DV†
<b>Calories</b> 130	
<b>Fat</b> 2 g	<b>3 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Potassium</b> 85 mg	<b>2 %</b>
<b>Carbohydrate</b> 24 g	<b>8 %</b>
Fibre 4 g	<b>16 %</b>
Sugars 8 g	
<b>Protein</b> 5 g	
Vitamin A	2 %
Vitamin C	0 %
Calcium	2 %
Iron	10 %

† DV = Daily Value



# WHY ARE DAILY VALUES (DV) USED ON LABELS?

DRI values vary from group to group

- On a food label, however, one set of values must apply to everyone
- The DV reflects the needs of an “average” person
- This is based on a 2,000-Calorie per day intake

# WHY ARE DAILY VALUES (DV) USED ON LABELS?

DV are ideal for allowing comparison among prepackaged foods

The %DV shows whether the food has a “lot” or a “little” of a nutrient in a stated amount of food

Because the DV apply to all people, they are much less useful as nutrient intake goals for individuals

# DAILY VALUES (DV)

- Standard nutrients that have important relationship to health
- Based on RDI's for Vit and Min & reference standards (Fat, SF, TF, ~Chol, CHO, fibre, K, Na)
- % is easier for consumers to use
- Relates to Nutrient Density
- Aim for a little or a lot

**% DV for a nutrient is calculated by:**

nutrient in a serving size X 100

daily value



<https://www.canada.ca/en/health-canada/services/understanding-food-labels/percent-daily-value.html>

# CANADIAN DAILY VALUES REQUIRED FOR FOOD LABELS

Nutrient	Original Daily Values	Proposed US/ Canadian updated Daily Values
Fat(total)	65 g	<b>75 g</b>
Saturated fat	20 g	<b>20 g</b>
Cholesterol	300 mg	<b>300 mg</b>
Sodium	2400 mg	<b>2300 mg</b>
Carbohydrate(total)	300 g	<b>275 g</b>
Fiber	25 g	<b>28 g</b>
Sugars	-	<b>100g</b>
Protein	-	-
Calcium	1100 mg	<b>1300 mg</b>
Iron	14 mg	<b>18 mg</b>
Potassium	3500 mg	<b>4700 mg</b>
Vit A	1000 RE	-
Vit C	60mg	-

Adapted from

[www.canada.ca/content/dam/hc-sc/healthy-canadians/migration/eating-nutrition/label-etiquetage/regulatory-guidance-directives-reglementaires/daily-values-valeurs-quotidiennes/alt/daily-values-valeurs-quotidiennes-eng.pdf](http://www.canada.ca/content/dam/hc-sc/healthy-canadians/migration/eating-nutrition/label-etiquetage/regulatory-guidance-directives-reglementaires/daily-values-valeurs-quotidiennes/alt/daily-values-valeurs-quotidiennes-eng.pdf)

# LABEL READING

## ORIGINAL

### Nutrition Facts Valeur nutritive

Per 250 mL / par 250 mL

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 110</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	0 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 26 g</b>	<b>9 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	
<b>Protein / Protéines 2 g</b>	
<b>Vitamin A / Vitamine A</b>	<b>0 %</b>
<b>Vitamin C / Vitamine C</b>	<b>120 %</b>
<b>Calcium / Calcium</b>	<b>2 %</b>
<b>Iron / Fer</b>	<b>0 %</b>

## NEW

### Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)  
pour 1 tasse (250 mL)

Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories 110</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 26 g</b>	
Fibre / Fibres 0 g	0 %
<b>Sugars / Sucres 22 g</b>	<b>22 %</b>
<b>Protein / Protéines 2 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0 %</b>
<b>Potassium 450 mg</b>	<b>10 %</b>
<b>Calcium 30 mg</b>	<b>2 %</b>
<b>Iron / Fer 0 mg</b>	<b>0 %</b>
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

New % Daily Value  
for total sugars

New footnote  
to help interpret  
the % Daily Value



# CANADA GAZETTE, PART I

## CONSULTATION ON FOOD LABEL CHANGES FOR DEC. 14, 2021

Nutrition Facts Valeur nutritive		
Per 1/2 cup (125 mL) pour 1/2 tasse (125 mL)		Serving Size information increased
<b>Calories 80</b>	% Daily Value*	
	% valeur quotidienne	
<b>Fat / Lipides</b> 0.5 g	1 %	
Saturated / saturés 0 g	0 %	
+ Trans / trans 0 g		
<b>Carbohydrate / Glucides</b> 18 g		
Fibre / Fibres 2 g		
Sugars / Sucres 15 g	15 %	% Daily Value for Sugars is added
<b>Protein / Protéines</b> 3 g		
<b>Cholesterol / Cholestérol</b> 0 mg		
<b>Sodium</b> 0 mg	0 %	
Potassium 200 mg	4 %	
Calcium 0 mg	0 %	
Iron / Fer 0.3 mg	2 %	
*5% or less is <b>a little</b> / 5% ou moins c'est <b>peu</b> 15% or more is <b>a lot</b> / 15% ou plus c'est <b>beaucoup</b>		

Increased size of  
Calories, with  
thick underline

Nutrients that provide  
Calories are listed  
below Calories

Sodium is moved down  
close to Potassium

Vitamin A and  
Vitamin C are  
removed; Potassium  
is added

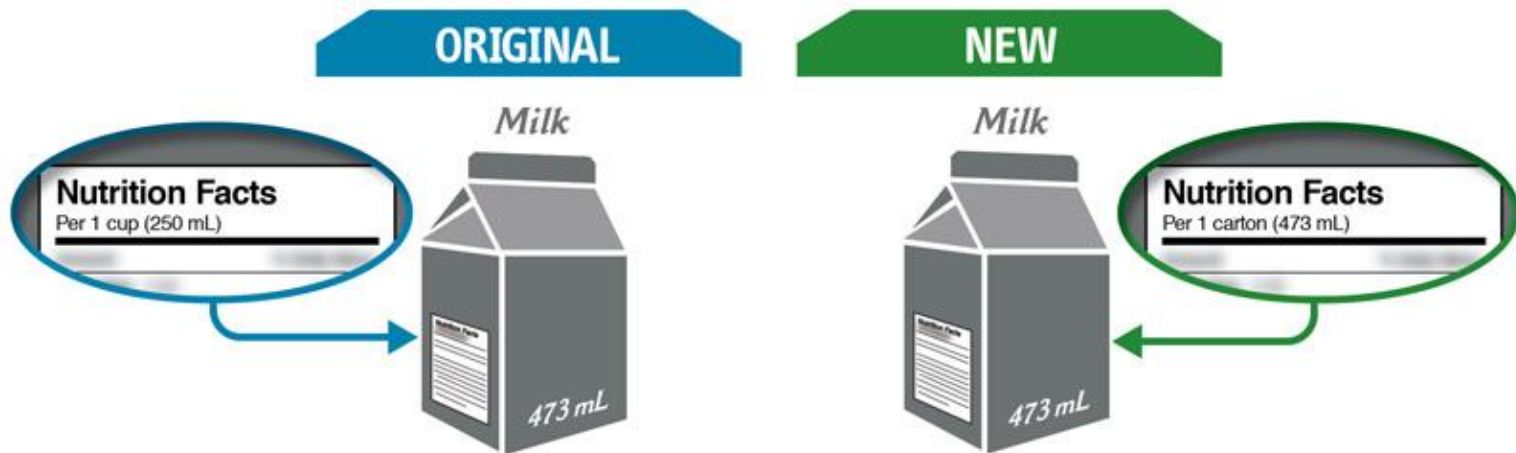
Quick rule

Serving Size  
information  
increased

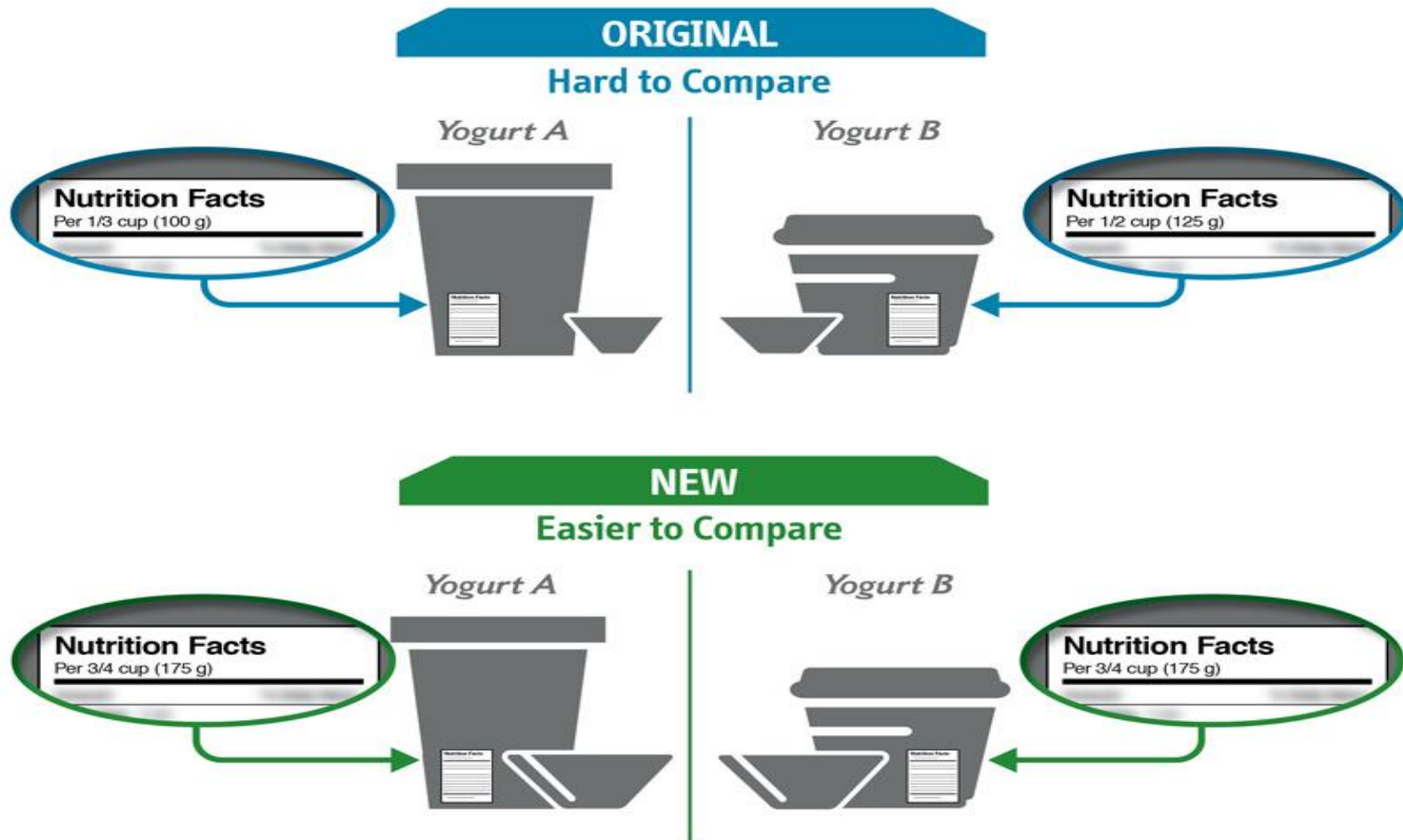
% Daily Value for  
Sugars is added

Amounts of  
Potassium,  
Calcium and  
Iron are shown

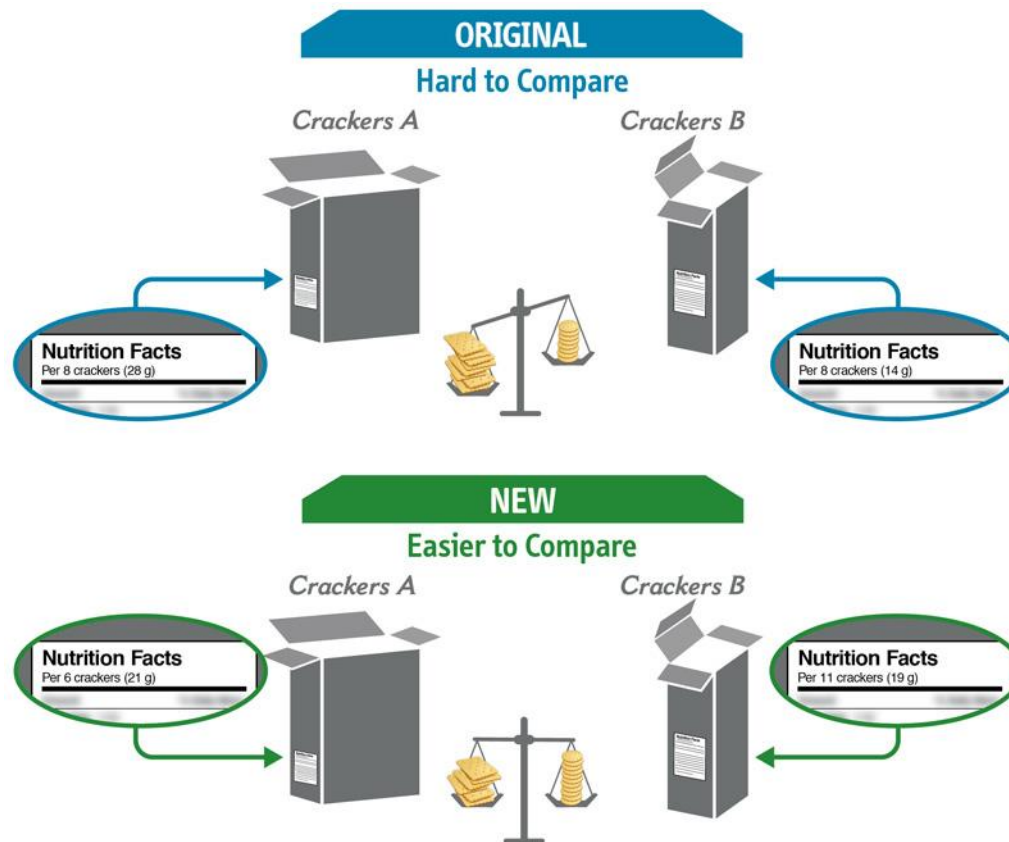
# NEW LABEL: SINGLE SERVINGS



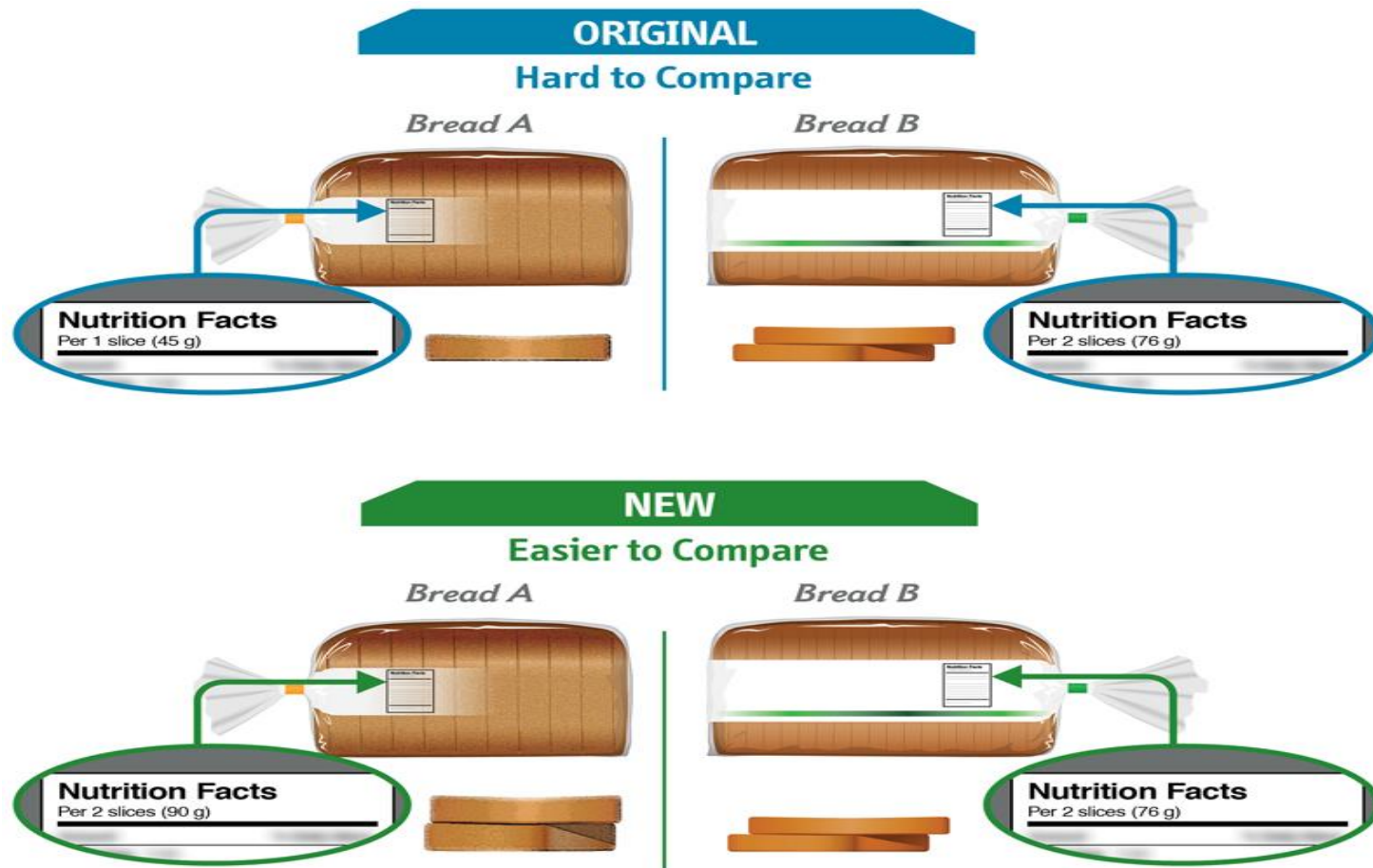
# NEW FOOD LABEL- PORTION SIZE



# NEW LABEL: PORTIONS



# NEW LABEL: COMPARISONS





# LABEL'S INGREDIENT LIST

## ORIGINAL

INGREDIENTS: FLOUR, FANCY MOLASSES, VEGETABLE OIL  
SHORTENING, BROWN SUGAR, LIQUID WHOLE EGG, SUGAR,  
SALT, SODIUM BICARBONATE, SPICES, COLOUR  
CONTAINS: WHEAT, EGG

## NEW

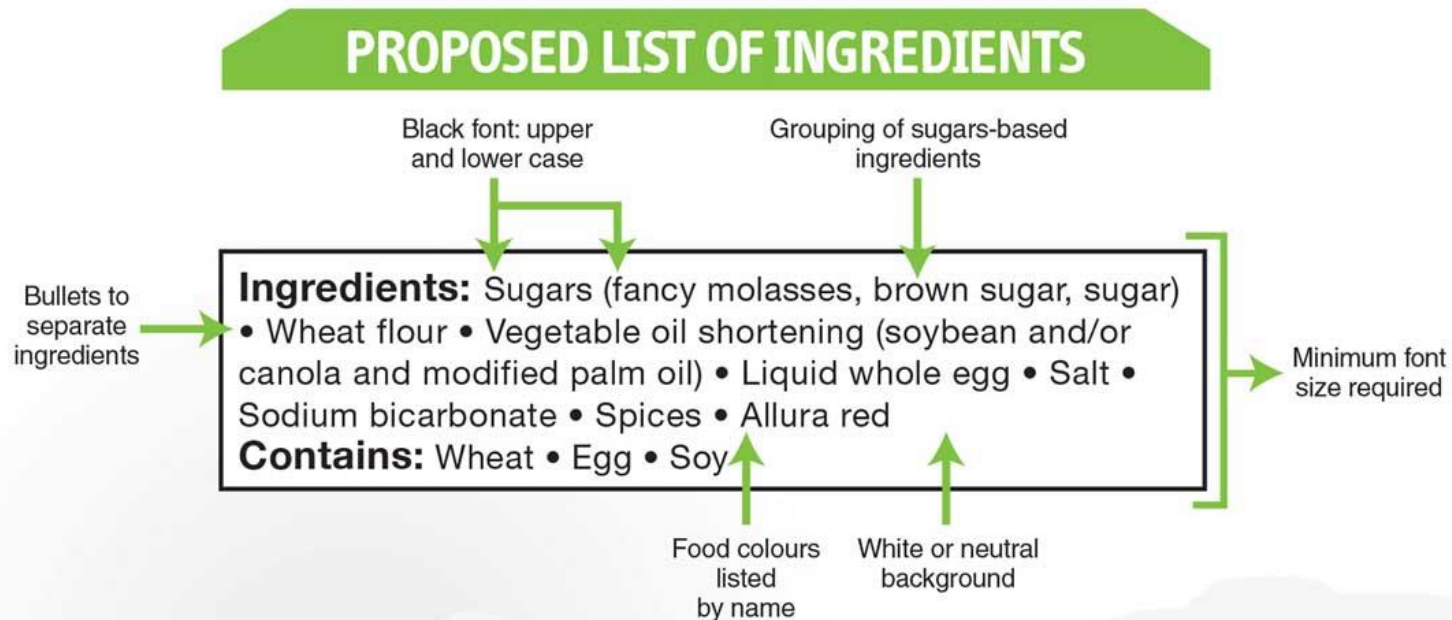
Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil  
shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red  
Contains: Wheat • Egg

# CANADA GAZETTE, PART I CONSULTATION ON FOOD LABEL CHANGES

Figure 2. Proposed changes to the declaration of sugars in the Nutrition Facts table.

Carbohydrate / Glucides 23 g	
Total Sugars / Sucres totaux 18 g	18 %
Added Sugars / Sucres ajoutés 12 g	

← Have a %DV for total sugars  
← Add a declaration for "added sugars"



- Ingredients are listed by \_\_\_\_\_, in order

# CLAIMS ON FOOD LABELS

Food labels *MAY* contain:

**Nutrient content descriptors** If a food meets specified criteria, the label may display certain approved nutrient content descriptors concerning the product's nutritive value

## Nutrition claims

- **Nutrient content claims** describe the nutritional value or nutritional benefit of a food.
- **Health claims** describe the beneficial effects of a food or certain types of food on a person's health.

# NUTRIENT CLAIMS

Regulated and must meet certain criteria:

<b>“A source of” or “contains”</b>	<b>“A good source of” or “high in”</b>	<b>“Excellent source” or “very high in”</b>
<b>≥ 5% DV</b>	<b>≥ 15 % DV</b>	<b>➤ 25 % DV* For most vit and Min</b>

Vit C= >50%

<b>Nutrient Claim</b>	<b>Requirement</b>	<b>Example</b>
Free	None or hardly any	Sodium free
Low	A small amount	Low fat
Reduced	<25% of nutrient of similar product	Reduced in kcals
Light	Products reduced in fat or kcals	

# SPECIFIC NUTRIENT CLAIMS

SEE TABLE IN TEXT

Low fat	$\leq 3$ g/serving
Low sat. fat	$\leq 2$ g/serving
Low cholesterol	$\leq 20$ mg/100 g and serving & $\leq 2$ g sat fat/serv
Low sugar	$\leq 2$ g/serving
Low sodium	$\leq 40$ mg/100 g except meat/fish/poultry/cheese
Source of fiber	$\geq 2$ g/serving
High source of fiber	$\geq 4$ g/serving
Very high source of fiber	$\geq 6$ g/serving



# HEALTH CLAIMS

## Various types of health claims:

1. Risk reduction claims

2. Prevention claims

3. Structure/function (general health) claims



**Nutrient claims** characterize the level of a nutrient in the food—for example, “fat free” or “less sodium.”



**Health claims** characterize the relationship of a food or nutrient to a disease or health-related condition—for example, “soluble fiber from oatmeal daily in a diet low in saturated fat and cholesterol may reduce the risk of heart disease” or “a diet low in total fat may reduce the risk of some cancers.”



**Structure-function claims** describe the effect that a substance has on the structure or function of the body and do not make reference to a disease—for example, “supports immunity and digestive health” or “calcium builds strong bones.”

# HEALTH CLAIMS IN CANADA

A healthy diet....

- low in sodium and high in potassium and reduced risk of \_\_\_\_\_
- with adequate \_\_\_\_\_ (mineral) and vitamin \_\_\_\_\_ and reduced risk of osteoporosis
- low in saturated and trans fat and reduced risk of heart disease
- rich in a variety of \_\_\_\_\_ and \_\_\_\_\_ may help reduce the risk of heart disease (cancer)

# GENERAL HEALTH CLAIMS

By third parties



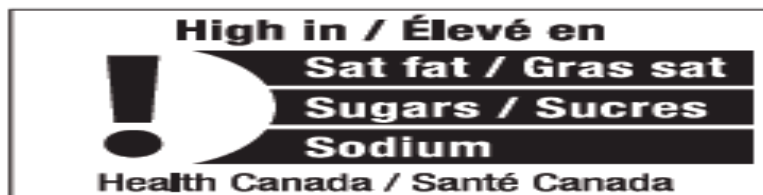
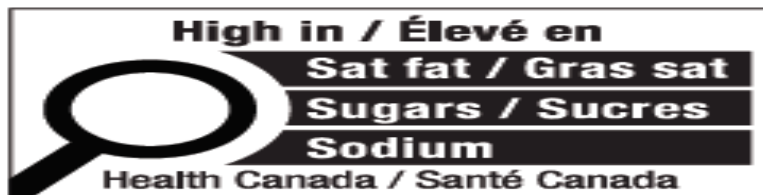
By corporations



Broad "healthy for you" or "healthy choice" claims  
regulated by the federal government.

# PROPOSED FRONT OF PACKAGE LABELLING OPTION

**WHICH FRONT-OF-PACKAGE NUTRITION SYMBOL WOULD BE MOST USEFUL?**



**HAVE YOUR SAY!**

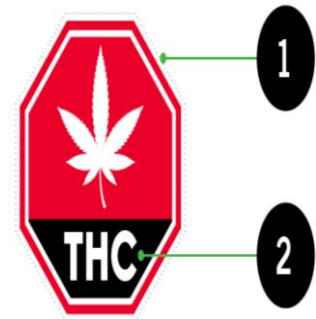
<https://globalnews.ca/video/4017975/canadian-food-labels-to-become-more-truthful>



Government  
of Canada

Gouvernement  
du Canada

Canada



# HEALTH CANADA EDIBLE CANNABIS PRODUCTS

<https://www.canada.ca/en/health-canada/services/cannabis-regulations-licensed-producers/packaging-labelling-guide-cannabis-products/guide.html>

## Example 1 - Ordering and grouping of constituents

**Ingredients:** Tomato paste (tomatoes, salt, benzoic acid), Sugar, Modified corn starch, Lemon juice from concentrate (water, concentrated lemon juice, sugar, benzoic acid), Water, Spices, Salt, Allura red

- The constituents "tomatoes," "salt" and "benzoic acid" are shown in descending order of proportion by weight after the ingredient "Tomato paste". They are grouped together in parentheses and are separated by a comma. This ordering and grouping of constituents was also applied to the constituents of the ingredient "Lemon juice from concentrate".

**Important:** The Regulations reference a number of tables in the FDR with respect to edible cannabis. While the Regulations use the term "constituent", and not "component" as per the FDR, the meaning is the same. Specifically, where the Regulations refer to FDR tables, "component" in the FDR tables is to be read as "constituent" [132.21, 132.23, 132.26, CR].

## 8.2.5 Order and grouping of sugars-based ingredients

Sugars-based ingredients in edible cannabis must be shown in descending order of their proportion by weight. Sugars-

## 8.2.8 Nutrition facts table for edible cannabis

The nutrition facts table must be shown for all edible cannabis products [132.18(1)(n), 132.19(1)(i), CR]. The specific information and display format are shown in Figure 4 [132.22, CR]. The presentation of the table is incorporated by reference as part of the Regulations and can be found on Health Canada's website: [Directory of Nutrition Facts Table Formats for Edible Cannabis](#)

Figure 4 - Nutrition facts table (bilingual example)

1	<b>Nutrition Facts / Valeur nutritive</b>	6
	Per container / Par contenant (##)	
2	<b>Calories ###</b>	% DV* / % VQ*
	Fat / Lipides ## g	## %
3	Saturated / saturés ## g	## %
	+ Trans / + trans ## g	
4	Carbohydrate / Glucides ## g	8
	Fibre / Fibres ## g	## %
	Sugars / Sucres ## g	9
	Protein / Protéines ## g	
	Cholesterol / Cholestérol ### mg	
	Sodium #### mg	## %
	Potassium #### mg	## %
	Calcium #### mg	## %
	Iron / Fer ## mg	## %
5	Not a significant source of (...) / Source négligeable de (...)	
	*DV = Daily Value / *VQ = valeur quotidienne	

► Figure 4 - Text Equivalent

# US Food Labels – different!!!!



Serving size and number of servings per container

kCalories per serving and kcalories from fat

Nutrient quantities per serving listed in actual amounts and in % Daily Values based on 2000-kcalorie diet

Nutrients required for Daily Values

Daily Values reminder for selected nutrients for a 2000- and a 2500-kcalorie diet

Original Label			
Nutrition Facts			
Serving Size 2/3 cup (55g) Servings Per Container About 8			
Amount Per Serving			
<b>Calories</b> 230		Calories from Fat 72	
		% Daily Value*	
<b>Total Fat</b>	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	160mg		7%
<b>Total Carbohydrate</b>	37g		12%
Dietary Fiber	4g		16%
Sugars	1g		
<b>Protein</b>	3g		
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Updated Label	
Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	5%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Serving sizes in large, bold type; serving sizes revised to reflect actual portion sizes

kCalories per serving in large, bold type; kcalories from fat not listed

Daily Values revised for some nutrients, notably total fat and total carbohydrate

Separate listing for added sugars in grams and as % Daily Value

Nutrients required for Daily Values revised to reflect nutrients of concern; actual amounts listed as well

Footnote explains Daily Values



# USDA Daily Values for Food Labels



Food labels must present the “% Daily Value” for these nutrients.

Nutrient	Original Daily Values	Updated Daily Values
Fat(total)	65 g	78 g
Saturated fat	20 g	20 g
Cholesterol	300 mg	300 mg
Sodium	2400 mg	2300 mg
Carbohydrate(total)	300 g	275 g
Fiber	25 g	28 g
Protein	50 g	50 g
Added sugars	-----	50 g
Vitamin D	10 µg	20 µg
Calcium	1000 mg	1300 mg
Iron	18 mg	18 mg
Potassium	3500 mg	4700 mg

# US

## NEW LABEL / WHAT'S DIFFERENT

### A:

Servings:  
larger,  
bolder type

New:  
added sugars

Change  
in nutrients  
required

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Serving sizes  
updated

Calories:  
larger type

Updated  
daily  
values

Actual  
amounts  
declared

New  
footnote

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm#images>

US Label: FDA

# US

## FOOD SERVING SIZES GET A REALITY CHECK

### Serving Size Changes

What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

#### CURRENT SERVING SIZE



#### NEW SERVING SIZE



### Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.



1 SERVING PER BOTTLE  
FOR EITHER BOTTLE SIZE

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm#images>

# US FRONT OF PACKAGE LABELS

Simpler than the Food Labels

“Facts Up Front”



# VEGETARIAN DIETS

Zoom poll

Vegetarian and vegan diets improve health:

- a) Always
- b) Never
- c) When carefully planned

Types of Vegetarianism	Foods
Partial vegetarian/Flexitarian	Includes some seafood, poultry, dairy, eggs; excludes/limits certain meats (ie. red meat)
Vegetarian	Includes plant-based foods and eliminates some or all animal-derived foods
Pesco-vegetarian	Includes fish and seafood in diet
Lacto-ovo vegetarian	Includes dairy and eggs; excludes flesh and seafood
Lacto-vegetarian	Includes dairy; excludes flesh, seafood and eggs
Vegan/Strict vegetarian	Plant-based foods; eliminates all animal-derived foods



# HEALTH BENEFITS OF VEGETARIAN DIETS

Vegetarian lifestyle factors:

- Weight
  - Lower and healthier body weight
  - Impact of red and processed meat
- Diabetes
- Hypertension and Heart disease
  - Plant-based diets and tofu
  - Impact of meat and saturated fat
- Cancer
  - Ratio of meat to vegetables
- Lower mortality risk from several chronic diseases

Environmental impact

Food cost

# VEGETARIAN DIET PLANNING

Planning is key

- Nutritionally sound choices
- Variety is key to nutritional adequacy

Details to come....

Protein

Iron

- RDA is higher
- Absorption

Zinc

Calcium

Vitamin B<sub>12</sub>

- Only in animal-derived foods

Vitamin D

Omega-3 fatty acids

# QUESTIONS?

Module 2 Quiz 2 due: Sept 21 at 13h

- 20 questions MC and TF 40 minutes

Group Assignment: Sign up for groups

- Listen to overview on Content tab

If questions: contact Mary