

# It's a gold mine of INFORMATION...

## Nutrition Facts Valeur nutritive

Per 250 mL (267 g) / par 250 mL (267 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 163	
<b>Fat / Lipides</b> 0.1 g	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 8 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 40 g	<b>13 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 38 g	
<b>Protein / Protéines</b> 1 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	50 %
Calcium / Calcium	2 %
Iron / Fer	4 %

Use the Nutrition Facts table to compare products to determine which one is the healthier choice.

*The ingredient list and the Nutrition Facts table on a food package can help you make healthy food choices. They help you determine what ingredients are used most and what nutrients the product provides. Another way to find a healthy choice is to look for the Health Check™ symbol.*

Foods with the Health Check symbol have been reviewed by the Heart and Stroke Foundation's registered dietitians and can contribute to an overall healthy diet based on Canada's Food Guide.

- ✓ The ingredient list starts with the ingredient used most in the product.
- ✓ The Nutrition Facts table tells you how many calories and nutrients there are based on the product's Serving Size. When you compare products, make sure the Serving Sizes are similar.
- ✓ If you eat 2 times the Serving Size, you will get double the listed calories and nutrients.
- ✓ % Daily Value tells you if there is a little or a lot of a specific nutrient such as fat, sodium, or vitamin C in a product.
- ✓ Look for a higher % Daily Value for nutrients such as fibre, vitamins A and C, calcium, or iron.
- ✓ Look for a lower % Daily Value for fat, saturated and trans fats, and sodium.
- ✓ Limit the amount of saturated fats and avoid trans fats. Low saturated fat is 2 grams or less.



**Health Check™**  
...helping you eat well!

