

Nutrition Facts Table



WHAT INFORMATION IS ON IT?



Serving size is the amount of food used to calculate the nutrition table values



Calories are the amount of energy in each serving of food



Nutrients are the fat, carbohydrates, protein, sodium, vitamins, and minerals in the food



% Daily value helps see if a certain amount of food has a little or a lot of a nutrient (see back for more information)

*Consider reviewing the ingredients list as it shows the items in the food by weight from most to least

HOW DO I USE IT?

1 Look at the **serving size**, and compare to the amount that will be eaten or drank

2 Pick which **nutrients** to have more (like fibre) or less of (like saturated fat)

3 Read the **% daily value**

A little Moderate A lot

5% or less

6-14%

15% or more

Nutrition Facts

Per 1 cup (32 g)

	% Daily Value*
Calories 120	
Fats 0.5 g	1%
Saturated 0 g + Trans 0 g	0%
Carbohydrate 24 g	
Fibre 24 g	0%
Sugars 4 g	4%
Protein 6 g	
Cholesterol 0 mg	
Sodium 200 mg	9%
Potassium 10 mg	0%
Calcium 10 mg	1%
Iron 4.5 mg	25%
Vitamin D 1 mcg	5%
Vitamin E 1.5 mg	10%

*5% or less is a little, 15% or more is a lot

Learn more! Explore helpful resources and tools at:
www.dementiawellnesscanada.com