Using the Nutrition Facts Table: % Daily Value

**How to CHOOSE**

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

1. **LOOK at the amount of food**
   
   Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

2. **READ the % DV**
   
   The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.
   
   - 5% DV or less is **a LITTLE**
   - 15% DV or more is **a LOT**
   
   This applies to all nutrients.

3. **CHOOSE**
   
   Make a better choice for you. Here are some nutrients you may want…

**less of**
- Fat
- Saturated and trans fats
- Sodium

**more of**
- Fibre
- Vitamin A
- Calcium
- Iron

Here is an example of how to choose:

You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has **a little** fat (4% DV) and **a lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!
How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:

1. **Look at the amounts of food**

   Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.

   - **Cracker A** has 9 crackers and weighs 23 grams.
   - **Cracker B** has 4 crackers and weighs 20 grams.

   Because the weights are similar, you can compare these Nutrition Facts tables.

2. **Read the % DVs**

   Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

   - **Cracker A** has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.
   - **Cracker B** has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

   **Remember:** 5% DV or less is a little and 15% DV or more is a lot. This applies to all nutrients.

3. **Choose**

   In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle.

   Use the Nutrition Facts table and *Eating Well with Canada’s Food Guide* to make healthier food choices.