DIG INTO WINTER COMFORT FOODS

Comfort foods, such as stews and casseroles, can nourish your body and soul after a day of battling winter weather. Use the **Nutrition Facts table (NFt)** to make informed food choices when cooking up or choosing your comfort meals.

- For canned or jarred tomato products, choose "no salt" added versions if possible. Otherwise use the % DV to choose the product with less sodium. The same applies for canned beans, chickpeas and lentils.
- For pasta and other grains, pick whole grain versions. Use the % DV to buy products with more fibre.

When you're crunched for time, use the NFt to make informed food choices when choosing store-bought options.

Use the Serving Size to understand the information in the NFt. Check the Serving Size and compare it to how much you are planning on eating. If you eat double the Serving Size, then you'll need to double the calories and the amount of nutrients listed. For example, if the Serving Size of soup is one cup, and you eat two cups, then double the calories and the nutrients listed in the NFt.

KNOW THIS

Use the % Daily Value (% DV) to compare food products and see if the food has **a little** or **a lot** of a nutrient. Remember 5% DV or less is a little and 15% DV or more is a lot.

Learn more at Canada.ca/NutritionFacts

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