LABEL SAVVY WAYS TO EAT BETTER MEALS

Cooking extra meals and stashing them in the freezer is great way to eat well on busy days. If you're short on time and buying pre-made meals, take a look at the **Nutrition Facts table (NFt)** to make informed food choices for you and your family.

- Love frozen meatballs or burgers? Choose those with less sodium and saturated and trans fat, and more iron.
- Buy a better canned soup by choosing the one with more fibre and less sodium.

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 store-bought pizza is 1/8 of the pizza, and you eat 1/4 of the pizza, then double the calories and nutrients listed in the NFt.

KNOW THIS

The % Daily Value (% DV) tells you if the Serving Size 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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