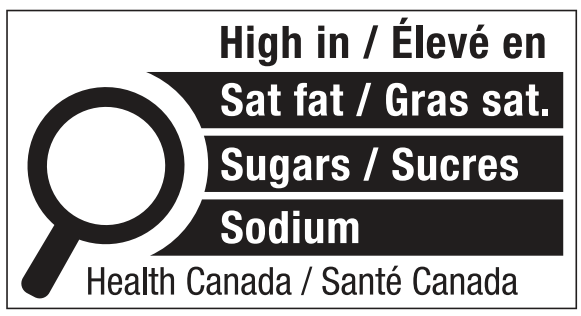
Front-of-package nutrition labelling

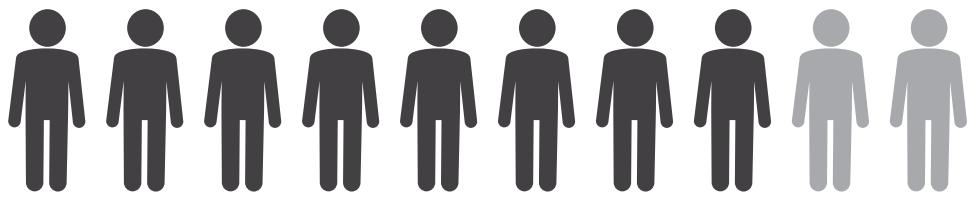


will help you quickly and easily identify foods high in saturated fat, sugars and sodium

A diet high in saturated fat, sugars and sodium is a major risk factor for obesity, heart disease and diabetes

8 in 10 Canadians

say **nutrition is important** when choosing foods, but...



60% of the foods we buy are **prepackaged and processed**

Many of these foods are **high in**
saturated fat
sugars
sodium

SATURATED FAT

1/3 of the **fat** we eat comes from **snacks and fast food**

SUGARS

2/3 of **prepackaged foods** in the grocery store have **sugars** added to them

SODIUM

3/4 of the **sodium** we eat comes from **prepackaged and processed foods**

canada.ca/en/health-canada/services/food-labelling-changes/front-package

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