



Task Title: Comparing Nutritional Labels

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description: The learner will compare Nutrition Facts labels for similar products.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/A2.2
- Communicate Ideas and Information/Write continuous text/B2.1
- Understand and Use Numbers/Manage data/C4.1

Materials Required:

- Pen/pencil and paper and/or digital device

Learner Information

Many people want to compare the nutritional facts on different product labels. This can help someone decide which item to purchase, or learn which product has more or less of a certain nutrient or ingredient.

Scan “Health Canada: Using the Nutrition Facts Table: % Daily Value” and the product labels for

- Product A: Lays Potato Chips
- Product B: Special K Cracker Chips
- Product C: Corn Pops
- Product D: Spoon Size Shredded Wheat

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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** } This applies to
15% DV or more is a **LOT** 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

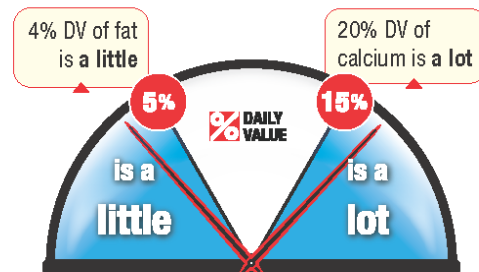
- Fibre
- Vitamin A
- Calcium
- Iron

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!

Yogurt

Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
Calories 160	
Fat 2.5 g	4 %
Saturated 1.5 g + Trans 0 g	8 %
Cholesterol 10 mg	
Sodium 75 mg	3 %
Carbohydrate 25 g	8 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 8 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %



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Également disponible en français sous le titre : Utilisez le tableau de la valeur nutritive : % de la valeur quotidienne.

HC Pub.: 100639
Cat.: H164-127/2011E-PDF
ISBN: 978-1-100-19881-1

Task Title: ComparingNutritionalLabels_I_A2.2_B2.1_C4.1

Product A: Lays Potato Chips

Nutrition Facts Valeur nutritive	
Per 27 chips (50 g) pour 27 croustilles (50 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 270	
Fat / Lipides 17 g	26 %
Saturated / saturés 1.5 g + Trans / trans 0 g	9 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 330 mg	14 %
Carbohydrate / Glucides 27 g	9 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	2 %
Iron / Fer	4 %

Product B: Special K Cracker Chips

Nutrition Facts Valeur nutritive	
Per 20 crackers (20 g) pour 20 craquelins (20 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 150 mg	6 %
Potassium / Potassium 120 mg	3 %
Carbohydrate / Glucides 15 g	5 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Product C: Corn Pops

Nutrition Facts	
Serving Size: 1 (1 cup, 32 grams)	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	2%
Calcium	
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
*Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Product D: Spoon Size Shredded Wheat

Nutrition Facts	
Serving Size: 1 (1 cup, 49 grams)	
Amount Per Serving	
Calories 170	Calories from Fat 9
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 40g	13%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 6g	12%
Calcium	
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
*Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Work Sheet

Task 1: Calculate the difference in number of chips and grams between the serving sizes of the two brands of chips, Product A: Lays Potato Chips and Product B: Special K Cracker Chips.

Answer:

Task 2: If you were on a low-sodium diet, which chips should you choose?

Answer:

Task 3: Do either brand of chips have what Health Canada's Nutrition Facts Table considers a lot of fat? If so, explain which and why you think so?

Answer:

Task 4: Do either brand of chips have what Health Canada's Nutrition Facts Table considers a little fibre? If so, explain which and why you think so?

Answer:

Task 5: If you were counting calories, which chips would be a better snack? Why?

Answer:

Task 6: Calculate the difference between the two cereals using both cups and weight.

Answer:

Task 7: Eating too much sodium is linked to high blood pressure. Which cereal has the least sodium?

Answer:

Task 8: Do either of the cereals have what Health Canada's Nutrition Facts Table considers only a little fibre? If so, explain which and why you think so?

Answer:

Task 9: Too much sugar can also be harmful. Which cereal has the least sugar?

Answer:
