# **Nutrient content claims**

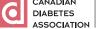
Words used in nutrient content claims	What the words mean	Examples
Free	A nutritionally insignificant amount	Sodium free (less than 5 mg sodium per serving)
Low	Always associated with a very small amount of a nutrient	Low fat (3 g fat or less per serving)
Reduced	At least 25% less of a nutrient compared with a similar product	Reduced in Calories (At least 25% less energy than the food to which it is compared)
Source	Always associated with a significant amount	Source of fibre (2 g fibre or more per serving)
Light	If it is referring to a specific nutrient, it is only allowed on foods that are either reduced in fat or reduced in energy (Calories).	Light in fat Light in Calories
	"Light" can also be used to describe a feature of the food such as "light in colour."	Light in colour (An explanation on the label will explain what makes the food light, even if it is light in colour.)



CANADIAN

FAQ Sheet #1

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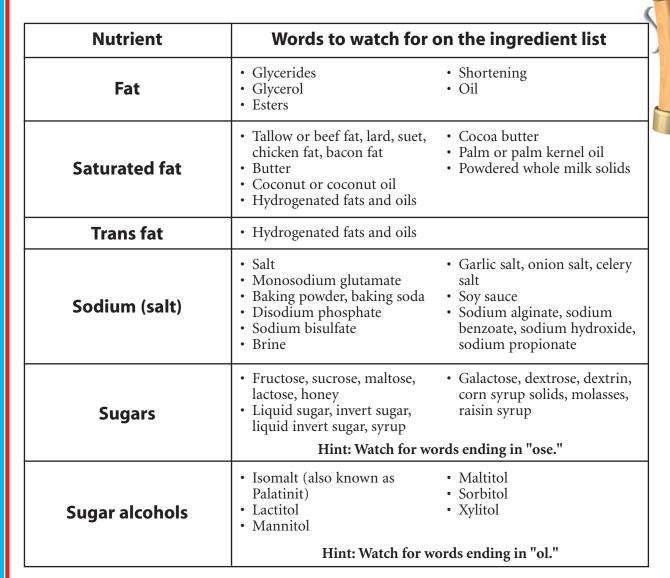


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# Words to watch for

What other words will you see on the ingredient list for fat, saturated fat, sodium and sugar?





Faites provision de saine alimentation

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# The importance of nutrients

Nutrient	What foods supply us with this nutrient?	How does this nutrient help our bodies?
Fat	<ul> <li>Butter, margarine, oils</li> <li>Baked goods (cookies, donuts, pastries)</li> <li>Milk, cheese, ice cream, yogurt</li> <li>Processed meats</li> <li>Beef, pork, lamb, veal, chicken</li> <li>Nuts</li> </ul>	<ul> <li>Provides Calories or energy</li> <li>Carries and stores vitamins A, D, E, K</li> <li>Insulates the body against cold</li> <li>Cushions the skin, bones and internal organs</li> </ul>
Saturated fat	<ul> <li>Butter, cheese, whole milk</li> <li>Sour cream</li> <li>Ice cream</li> <li>Lard, shortening</li> <li>Palm oil, coconut oil</li> <li>Red meat</li> </ul>	
Trans fat	Hydrogenated fats, oils, deep-fried foods and baked goods	
Cholesterol	<ul><li>Dairy products</li><li>Egg yolks</li><li>Meat</li><li>Organ meats</li></ul>	Helps to make:
Sodium	Sodium or salt occurs naturally in many foods but it is also added to some processed foods such as bacon, soups, and potato chips.	Balances body fluids     Helps transmit electrical signals through nerves



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# The importance of nutrients

Nutrient	What foods supply us with this nutrient?	How does this nutrient help our bodies?
Carbohydrate	<ul> <li>Breads</li> <li>Pastas</li> <li>Vegetables</li> <li>Fruit</li> <li>Honey</li> <li>Sugar</li> <li>Milk</li> </ul>	Provides Calories or energy ready for your muscles and your brain to use
Fibre	<ul><li>Whole-grain breads, cereals and pastas</li><li>Vegetables and fruit</li><li>Legumes</li></ul>	<ul><li>Aids in bowel regularity</li><li>Reduces risk of colon cancer</li><li>Lowers blood cholesterol</li></ul>
Sugars	Foods with naturally occuring sugars:  • Milk  • Fruits  • Vegetables  Foods with added sugars:  • Sweetened juices  • Sweetened soft drinks  • Candy	Provides Calories or energy ready for your muscles and your brain to use
Protein	<ul><li>Milk, cheese, yogurt</li><li>Eggs</li><li>Meat, poultry, fish</li><li>Nuts, peanut butter</li><li>Baked beans</li></ul>	Builds and repairs body tissues
Vitamin A	<ul><li>Carrots</li><li>Squash</li><li>Dark green leafy vegetables</li></ul>	<ul><li>Maintains healthy skin</li><li>Provides good night vision</li></ul>
Vitamin C	<ul><li>Citrus fruits</li><li>Strawberries</li></ul>	<ul><li>Builds and maintains connective tissues</li><li>Heals wounds</li><li>Fights infections</li></ul>
Calcium	<ul><li>Milk</li><li>Cheese</li><li>Yogurt</li></ul>	Builds healthy bones and teeth
Iron	<ul> <li>Red meat</li> <li>Raisins</li> <li>Whole-grain breads and cereals</li> </ul>	Produces red blood cells that carry oxygen throughout the body



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# "Sugar" claims

## An information sheet for people with diabetes

There are many nutrient content claims about sugars on food labels. Here is what they mean...



Type of claim	Conditions	Claims you will see on the label	
Free of sugars	Contains less than 0.5 g of sugar and less than 5 Calories per serving	<ul> <li>Sugar-free</li> <li>Free of sugar</li> <li>Without sugar</li> <li>Contains no sugar</li> <li>No sugar</li> <li>Zero sugar</li> <li>0 sugar</li> <li>Sugarless</li> </ul>	
Reduced in sugars Lower in sugars	Modified to contain at least 25% less sugars, totalling at least 5 g less per serving	<ul> <li>Reduced sugar</li> <li>Sugar-reduced</li> <li>Reduced in sugar</li> <li>Less sugar</li> <li>Lower sugar</li> <li>Lower in sugar</li> </ul>	
No added sugars	Contains no added sugars, no ingredients containing added sugars or ingredients that contain sugars that substitute for added sugars	<ul><li>No sugar added</li><li>No added sugar</li><li>Without added sugar</li></ul>	

### What does the word "light" mean?

"Light" is a claim that is only allowed on foods that are "reduced in fat" or "reduced in Calories."

"Light" can also be used to describe a feature of the food such as "light in colour."



If the word "light" is used on a food label, it must have a statement that explains what characteristic makes the food "light." However, there is one exception to this rule relating to sugar. "Light maple syrup" means "light" in colour and does not need to have a statement with it. In this case, "light" does **not** mean low in sugar or Calories.

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