Doing Health Math

Do you ever look at the Nutrition Facts labels on the packaging of food you buy at the store? Why or why not?

Try This

Look at the sample Nutrition Facts label below. Think about or talk about your answers to these questions:

1. What kinds of things can you find out about the food from reading the label?
2. What does % Daily Value mean?
3. How do you know if you are getting enough daily vitamins from your food?
4. How do you calculate how many calories you are eating?

Nutrition Facts

Per 90g serving (2 slices)

Amount	% Daily Value
Calories 170	
Fat 2.7 g	**4 %**
Saturated 0.5 g +Trans 0 g	**5 %**
Cholesterol 0 mg	
Sodium 200 mg	**8 %**
Carbohydrate 36 g	**13 %**
Fibre 6 g	**24 %**
Sugars 3 g	
Protein 8 g	

Vitamin A	1 %	Vitamin C	0 %
Calcium	2 %	Iron	10 %

How can "health math" help you figure out if something you eat is a healthy choice?

Learn more about reading and understanding Nutrition Facts food labels at the Government of Canada website, **www.healthycanadians.gc.ca**

You can also find Canada's Food Guide there.