

Compare Food Labels to Get the Best Buys

Nutrition Facts	
Per 0 mL (0 g)	
Amount	% Daily Value
Calories 0	
Fat 0 g	0 %
Saturates 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

Compare the **Nutrition Facts** table on packages to help you avoid high levels of fat, sugar and sodium (salt).

The information on the table is for the **serving size** shown.

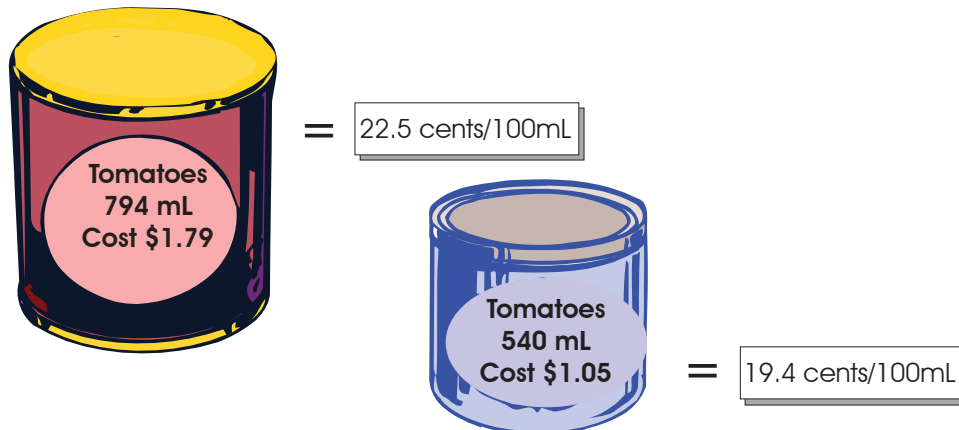
The **weight** tells you how much of a nutrient is in the food.

The **% daily value** tells you if there is a little or a lot of a nutrient in a serving. It is based on amounts needed each day by an average person.

Check the **ingredient list** on the food package because it tells you what is in the food. The first items in the list are the greatest amounts.

If the **'best before' date** is soon, buy foods you know you will use soon, or that can be frozen for future use.

Use the **unit price sticker on store shelves** to get the best deal. Compare prices of 100 mL of tomatoes in two different sized cans below.



Get the Most for Your Food Dollars

Grocery shopping can be very confusing when there are often over 20,000 foods to choose from! Here are some tips to help you choose from *Canada's Food Guide*. The best buys from each of the four food groups can be good for your wallet and your health.

Plan Before You Shop

- Plan your meals and shopping lists using the four food groups.
- Keep easy, healthy recipes handy and buy the ingredients you need.
- Use store flyers, coupons, and our 'best buy' lists to lower your food bill.
- Don't buy costly packaged meals that are high in fat, sugar and salt.



In the Grocery Store

- Stick to your shopping list.
- Don't shop when you are hungry.
- Limit foods that are sold cut, pre-cooked, or in fancy packages.
- Read food labels on packaged foods to see what you are really buying.

