

The Ingredient List

- Ingredients are listed in order of abundance. A food is mostly made up of the first few ingredients of the list and less of the ingredients at the end of the list.
- Just because something is at the end of the list doesn't mean you can ignore it.
- Long ingredient lists and hard to read ingredients are often a sign that a food is highly processed.
- If the top three ingredients are sugar, salt, or fat, this tells you this may not be the best food choice. Sugar, salt and fat can often appear on your labels in many words. Below is a list of some ways they appear - but there are many more.

INGREDIENTS: GRANOLA (QUAKER ROLLED OATS, ROLLED WHOLE WHEAT, BROWN SUGAR, BARLEY FLAKES, SUNFLOWER OIL, INULIN, HONEY, NATURAL FLAVOUR, MODIFIED MILK INGREDIENTS), GLUCOSE, SOY NUGGETS (BARLEY), WHOLE GRAIN BROWN RICE CRISPS (WHOLE GRAIN BROWN RICE FLOUR, SUGAR, BARLEY MALT, SALT, MIXED TOCOPHEROLS), HONEY, GLYCERIN, QUINOA, SORGHUM CRISPS, SHORTENING (CANOLA OIL, MODIFIED PALM AND PALM KERNEL OILS), DRIED UNSWEETENED COCONUT, INULIN, BROWN SUGAR, SORBITOL, NATURAL FLAVOURS, SALT, SOY LECITHIN, WATER, BHT (PRESERVATIVE).

CONTAINS MILK, OAT, WHEAT, BARLEY, AND SOY INGREDIENTS.

Nutrition Facts	
Per 1 bar (26 g)	
Amount	% DV*
Calories 100	
Fat 2 g	3 %
Saturated 1 g	
+ Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 90 mg	4 %
Carbohydrate 17 g	6 %
Fibre 2 g	8 %
Sugars 3 g	
Sugar Alcohol 0 g	
Protein 5 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	6 %

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SUGAR

- Fructose
- Corn syrup
- Maltose
- Cane sugar
- Malt syrup

SALT

- Monosodium glutamate
- Soy sauce
- Onion salt
- Sodium benzoate

FAT

- Oil
- Glycerol
- Palm or palm kernel oil
- Milk solids
- Hydrogenated oils

"Remember eating should be pleasurable-not about guilt rather it's about self-love. Ask Creator to let that love in."

- Yellow Wolf

Nutrition Facts Table

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glusides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

* 5% or less is a **little**, 15% or more is a **lot**
* 5% au moins c'est **peu**, 15% ou plus c'est **beaucoup**

CORE NUTRIENTS:
There are 8 nutrients listed on all nutrition facts tables. The nutrient is listed with a number (in weight: grams) showing the amount of each nutrient provided to your body if you ate the serving size of this food.

SERVING SIZE:
All of the information in the Nutrition Facts Table is based on a specific amount of food, which is called a serving. This amount is always found at the top of the Nutrition Facts Table. Remember, serving sizes are not necessarily the same as a portion and most often a package comes with several servings.

CALORIES:
Show the amount of energy for the specified serving size on the label. If you eat double the specified amount, then you get double the calories.

% DAILY VALUE (%DV):
Allows you to compare the nutrient value of products.

LOOK FOR 5% OR LESS
FOR LESS HEALTHY NUTRIENTS:

- Sodium (salt)
- Saturated and trans fat
- Sugar
- Fat

5%
OR
LESS

BECAUSE YOU WANT LESS
OF THESE NUTRIENTS.

LOOK FOR 15% OR MORE
FOR HEALTHIER NUTRIENTS:

- Fibre
- Calcium
- Iron
- Potassium

15%
OR
MORE

BECAUSE YOU WANT MORE
OF THESE NUTRIENTS.