



Pathways to Well-Being

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Quesnel Aboriginal Diabetes Prevention and Awareness Program

Reading Food Labels

Confusing Advertising Terms

Cholesterol Free

Cholesterol is only one type of fat and is found in animal products such as meat, eggs, and dairy products. Don't be fooled by foods such as vegetable oils and margarine which are 'cholesterol free'. These are still 100% fat. *Remember, 'cholesterol free' does not always mean 'low in fat'.*

Light or Lite

This may not mean 'low in fat'. In fact, it might mean that the food is light in color, flavor or salt. For example, 'light' olive oil is likely light in color but is still 100% fat.

No Sugar Added / unsweetened

Look for this claim when choosing fruit juices. But remember that fruit juice is still high in natural sugar, even though no sugar is added.



**Healthy Eating and Physical
Activity help prevent
Diabetes.**

Upcoming Events

Look for our display at upcoming cultural gatherings.

Shop Smart Tours:

Join Sara, a Nutritionist, for a hands-on tour of a grocery store and learn how to make cheaper healthy food choices.

To sign-up, please phone 992-8347 and leave a message for Sara.

Reading Food Labels



Do you read food labels? By learning how, you will be able to choose healthier foods.

First, check out the **Ingredient List**:

- The first ingredients listed are present in the highest amount.
- So, if sugar is listed first or second, then the food will be mostly sugar.

Next, check out the **Nutrition Label**:

- Reading labels will make it easier to choose healthier foods by comparing different foods and brands.

INGREDIENTS: WHOLE WHEAT, WHEAT BRAN, SUGAR, SALT, MALT, THIAMIN HYDROCHLORIDE, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID, REDUCED IRON, BHT.

NUTRITION INFORMATION
PER 30 g
SERVING CEREAL
(175 mL, 3/4 CUP)

ENERGY	Cal	100
	kJ	420
PROTEIN	g	3.0
FAT	g	0.6
CARBOHYDRATE		24.0
SUGARS	g	4.4
STARCH	g	16.6
FIBRE	g	3.0
SODIUM	mg	265
POTASSIUM	mg	168

PERCENTAGE OF RECOMMENDED DAILY INTAKE

THIAMIN	%	46
NIACIN	%	6
VITAMIN B ₆	%	10
FOLACIN	%	8
IRON	%	28

Colorful arrows point from the text on the right to specific nutrients on the label: yellow to 'SERVING CEREAL', red to 'ENERGY', pink to 'SUGARS', blue to 'FIBRE', and green to 'IRON'.

Serving Size:

Is this how much you would have? If you would have twice this amount, remember to double the nutrients such as fat.

Energy means calories. The more calories you eat, the more weight you'll gain.

Fat: Try to choose foods lower in fat. This means 3g of fat or less per serving.

Sugar: Try to choose foods lower in sugar, especially when buying drinks, cereals and cookies.

Fibre: Try to choose foods higher in fibre. This means at least 2g of fibre per serving.

Vitamins and Minerals: Some are listed here with the percentage of what you need each day.

For Additional Program Information, Contact:

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