

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

The Truth is Tasty

This month, students are learning about food advertising and finding the truth in nutrition labels. Here is a summary of the learnings and how you can support your child's health.

Why do you think companies use images of fruits on their containers if there isn't real fruit in the container? Images of healthy foods increase sales. Canadians are exposed to an estimated 4,000 ads every day¹ so we are learning to cut through the noise and make healthy choices.

Can you tell which is the better option?

- Look at the two labels for crackers to see which one you think is the healthier choice

Answer: Cracker B, because it has less saturated and trans fat, less sodium and more fibre!

| Nutrition Facts | |
|-----------------------|---------------|
| Per 9 crackers (23 g) | |
| Amount | % Daily Value |
| Calories 90 | |
| Fat 4.5 g | 7 % |
| Saturated 2.5 g | 13 % |
| + Trans 0 g | |
| Cholesterol 0 mg | |
| Sodium 280 mg | 12 % |
| Carbohydrate 12 g | 4 % |
| Fibre 1 g | 4 % |
| Sugars 0 g | |
| Protein 3 g | |
| Vitamin A 0 % | Vitamin C 0 % |
| Calcium 2 % | Iron 8 % |

| Nutrition Facts | |
|-----------------------|---------------|
| Per 4 crackers (20 g) | |
| Amount | % Daily Value |
| Calories 90 | |
| Fat 2 g | 3 % |
| Saturated 0.3 g | 2 % |
| + Trans 0 g | |
| Cholesterol 0 mg | |
| Sodium 90 mg | 4 % |
| Carbohydrate 15 g | 5 % |
| Fibre 3 g | 12 % |
| Sugars 1 g | |
| Protein 2 g | |
| Vitamin A 0 % | Vitamin C 0 % |
| Calcium 2 % | Iron 6 % |

Get the facts about nutrition labels

Check the serving and package size

- The facts are based on a specific serving size. Compare this to the amount you eat.

Read the % DV (Daily Value)

- The % DV helps you see if a specific amount of food has little or lots of a nutrient. 5% DV or less is a **little**, 15% DV or more is a **lot**.¹

Choose

- Make healthier choices. Choose foods with **more** fibre, iron, calcium, and other vitamins/minerals.¹
- Choose foods with **less** added sugars, saturated and/or trans fats, and sodium.¹

- A serving of juice should only be a ½ cup. A better alternative to receive all the benefits of fruit is to eat fresh fruit.¹
- If the box says the words “**drink, beverage, punch, or cocktail**”, the beverage may contain some portion of juice but there will be added sugars.¹
- Not all juices are created equal. Check to see if the juice you serve is 100% fruit or vegetable juice.
- Ingredient labels are ordered by weight. Therefore, the first ingredient listed is the most prominent.

References:

¹ www.albertahealthservices.ca

www.appleschools.ca

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