

Canadian food products have a new look with the Nutrition Facts label.
Canadians who read it can compare food products and make smart choices that fit within their eating patterns.

Rule of thumb for choosing foods low in saturated fat

5% Daily Value or less = low

20% Daily Value or more = high

Nutrition Facts Valeur nutritive	
Per 10 mL (2 tsp.) / Par 10 mL (2 à thé)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	80
Fat / Lipides	9 g
	14 %
Saturated / saturés	0.6 g
+ Trans / trans	0 g
Polyunsaturated / polyinsaturés	3 g
Omega-6 / Oméga 6	2 g
Omega-3 / Oméga 3	0.9 g
Monounsaturated / monoinsaturés	6 g
Cholesterol / Cholestérol	0 g

NUTRITION FACTS BILINGUAL LABEL CANOLA OIL 100 % PURE

Information about Trans Fat

As defined by Health Canada/CFIA, canola oil does not contain *trans* fat. *Trans* fat is like saturated fat in that it raises blood LDL-cholesterol, the so-called bad cholesterol. But *trans* fat also lowers HDL-cholesterol, the so-called good cholesterol. Eating less *trans* fat and saturated fat will help lower blood LDL-cholesterol and reduce heart disease risk. In accordance with Canadian regulations, canola oil shows zero *trans* fat in the Nutrition Facts label.

% Daily Value - A New Feature

The Daily Value is based on a 2,000 calorie diet. It provides a general guideline of how a food's nutrient content contributes to the daily diet. Canola oil provides 0.6 grams of saturated fat and no *trans* fat, giving a % Daily Value of 0%. Based on its saturated and *trans* fat levels, canola oil is a healthy addition to a diet.

Canola Oil Contains Omega-3

Canola oil is rich in the essential polyunsaturated fatty acids — omega-3 or alpha-linolenic acid (ALA). ALA is needed in our diets because our bodies do not make it. A canola oil label may show the amount of ALA in a 10 mL (2 tsp) serving: "0.9 g of alpha-linolenic fatty acid." One serving of canola oil provides more than half of the recommended intake of this essential fat for men and 80% of the recommended ALA intake for women.

Vitamin E Claim

Canola oil is a good source of vitamin E. One serving, 10 mL (2 tsp), has a % Daily Value of 20%, meaning that a consumer who eats a 2,000 calorie diet gets about one-fifth of his or her vitamin E intake for the day from one serving of canola oil. The label may state "good source of vitamin E" or "high in vitamin E" to show that canola oil is an important source of this essential vitamin.

Something Old, Something New

The updated Nutrition Facts label was mandatory for food companies at large as of December 12, 2005. This new Nutrition Facts label can help consumers make healthy food choices.

Suggested Reading

Health Canada

www.hc-sc.gc.ca
Input 'trans fat' in the Search box and click on Go.
Input 'nutrition labelling' in the Search box and click on Go.

Canadian Food Inspection Agency

www.inspection.gc.ca
Input 'trans fat' in the Search box and click on Go.

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Core Nutrients Shown on the Label

Take a good look at the Nutrition Facts label for canola oil shown on this page. The label must show information about energy (calories) and 13 core nutrients: fat, saturated fat, *trans* fat, cholesterol, sodium, carbohydrate, fibre, sugars, protein, vitamin A, vitamin C, calcium and iron.

Canola Oil Nutrition Facts Label

The Nutrition Facts label for canola oil shows a standard serving amount of 10 mL or two teaspoons. The amount of food is the basis for the nutrient information shown on the label. Note that canola oil is low in saturated fat. In fact, it is lower in saturated fat than any other vegetable oil commonly sold in super-markets. Canola oil does not contain cholesterol, sodium, carbohydrate, protein, vitamin A, vitamin C, calcium or iron. For this reason, the figures for these nutrients on the canola oil Nutrition Facts label are zero.

For more information about canola oil, check www.canolainfo.org or contact CanolaInfo: fyi@canolainfo.org 1.866.479.0853



canolainfo.org

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