

Nutrition Calculations

The serving size listed on food packages is not always the same as the serving size given in the Food and Beverage Criteria. Some calculations may be required to determine if a packaged food fits the criteria.

1. Divide the serving from the criteria by the serving on the food label.
2. Multiply this number by the amount of the nutrient listed on the food label (ex. sodium, fat, sugar, etc.). This will give you the amount of the nutrient contained in the serving size listed on the Nutrient Criteria.
3. Compare this amount to the amount on the Nutrient Criteria. This will tell you if the packaged food fits the Nutrient Criteria.

For example, below are the nutrition label for a vanilla yogurt and the Nutrient Criteria for Milk and Alternatives, and the calculations to see if this product fits the criteria for sodium:

Nutrient Criteria: Milk and Alternatives (per Food Guide Serving)				
Food	Serving Size	Sodium	Sugar	Examples
Yogurt or kefir	¾ cup / 175 g	≤ 140 mg	≤ 30 g	Plain or fruit flavored yogurt

Nutrition Information

Per 100g	
Calories (Cal)	100
Fat (g)	3g
Saturated Fat	2g
Trans Fat	0.1g
Cholesterol	10mg
Sodium	55mg
Carbohydrate	14g
Fibre	0g
Sugars	13g
Protein	4g

$$1. 175 \text{ g (from criteria)} \div 100 \text{ g (from label)} = 1.75$$

2. $1.75 \text{ (from step 1)} \times 55\text{mg sodium (from label)} = 96.3\text{mg}$. So 96.3mg is the amount of sodium in a 175g serving of this vanilla yogurt.

3. Yogurt must contain less than 140mg per 175g serving, according to the Nutrient Criteria. Because this yogurt contains 96.3mg of sodium per 175g serving, it fits the Nutrient Criteria for sodium.

The same calculation is used to determine that this yogurt contains 22.75g of sugar per 175g serving.

