

Reading Nutritional Labels

Nutrition Facts Valeur nutritive	
Per 1 Bar (40 g) pour 1 barre (40 g)	
Calories 180	% Daily Value*
Fat / Lipides 11 g	15 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 16 g	21 %
Fibre / Fibres 6 g	6 %
Sugars / Sucres 6 g	
Protein / Protéines 10 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125 mg	5 %
Potassium 150 mg	3 %
Calcium 40 mg	3 %
Iron / Fer 1.5 mg	8 %

Kirkland Chewy Protein Bar

Although this bar is labelled a protein bar, it has 10g of protein, but is higher in fats (11g) and carbs (16g)

Reading labels helps you compare products for their macronutrient value.



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Reading Nutritional Labels

Nutrition Facts	
Serving Size: 1 Scoop (31 g) Servings Per Container: 27	
Amount Per Serving	% Daily Value*
Calories 110	Calories from Fat 15
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 210 mg	9%
Total Carbohydrate <1 g	<1%
Dietary Fiber <1 g	2%
Sugars <1 g	2%
Protein 24 g	48%

31g protein powder

1.5g fats
<1g carbs
24g protein



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Reading Nutritional Labels

Nutrition Facts	
Per 1/3 cup (30 g)	
Amount	% Daily Value
Calories 110	
Fat 2 g	3 %
Saturated 0.4 g	2 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 20 g	7 %
Fibre 3 g	12 %
Soluble Fibre 1 g	
Insoluble Fibre 2 g	
Sugars 0 g	
Protein 4 g	8 %

30g of quick oats

2g fats
20g carbs
4g protein



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Reading Nutritional Labels

Nutrition Facts Valeur nutritive	
Par 1 Tbsp. (15 g) / Pour 1 c. à soupe (15 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 8 g	12 %
Saturated / saturés 1.5 g	6 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 60 mg	3 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %

15g peanut butter

8g fats

4g carbs

3g protein



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Macros Grouping Activity

While some foods will have nutrients from numerous macros, foods are generally grouped as a protein, carb or fat source based on their highest macro.

Using the list below and the next slide, see if you can determine which macros each food would be listed under as their dominant macros source:

- | | |
|---------------------------------|----------------------------|
| Chicken/Beef/Pork/etc. | Cheese |
| Fruits/Veggies | Cottage cheese |
| Seeds/Nuts | Sugar/Honey/Maple syrup |
| Fish/Seafood | Avocado |
| Rice/Quinoa/Couscous | Plain Greek yogurt |
| Nut butters (ie. peanut butter) | Crackers/Rice chips |
| Turkey/Ham slices | Oils/Butter/Salad dressing |
| Oats | Bread/Bagels/Wraps |
| Cream | Protein powder |
| Tofu | |



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Macros Grouping Activity

Protein	Carbohydrates	Fats



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Macros Grouping Answers

Protein	Carbohydrates	Fats
Chicken/Beef/Pork/etc.	Fruits/Veggies	Seeds/Nuts
Fish/Seafood	Rice/Quinoa/Couscous	Nut butters (ie. peanut butter)
Turkey/Ham slices	Oats	Cheese
Cottage cheese	Sugar/Honey/Maple syrup	Avocado
Plain Greek yogurt	Crackers/Rice chips	Oils/Butter/Salad dressing
Protein powder	Bread/Bagels/Wraps	Cream
Tofu		



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Macros & Calories

Macros make up the caloric value of any foods you eat. Calories in a serving of food is calculated as follows:

- Protein: 1g of protein = 4 calories
- Carbohydrates: 1g of carbs = 4 calories
- Fats: 1g of fats = 9 calories



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Calculating Calories

Knowing the caloric value of each macronutrient, you can calculate the calories in foods as per the following:

If you are eating a meal that contains 24g of protein, 29g of carbs, and 10g of fats, the caloric value of that meal is calculated as follows:

$$(24 \times 4) + (29 \times 4) + (10 \times 9) = 302 \text{ calories}$$



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Calculating Calories

The formula used to calculate calories can also be applied to nutritional food labels.

Note: On nutritional labels, manufacturers have leeway to round macros up or down, and some of them take out the carbs from fibre in the calculation because these type of carbs are thought to have minimal impact on blood sugar levels, so the calories listed on a label may not be as exact compared to using the macros formula.



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Calculating Calories

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Protein / Protéines 10 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125 mg	5 %
Potassium 150 mg	3 %
Calcium 40 mg	3 %
Iron / Fer 1.5 mg	8 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

11g fats X 9 = 99 calories

16g carbs X 4 = 64 calories

10g protein X 4 = 40 calories

Total calories per serving:
99 + 64 + 40 = 203 calories

*this label subtracted the 6g of fibre from carbohydrates to come up with 180 calories



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