# Why Canadians need a

# front-of-package nutrition SYMbol

A diet HIGH in sugars, sodium and saturated fat is a MAJOR RISK FACTOR for obesity, heart disease and diabetes

8 in 10 Canadians
SAY NUTRITION IS IMPORTANT





60%

of the foods
we buy are
PROCESSED
AND PACKAGED

MANY of these foods are HIGH IN SUGARS SODIUM SATURATED FAT

References: http://bit.ly/2DogqxR

#### **SUGARS**

2/3 of packaged foods in the grocery store have SUGARS added to them



### **SODIUM**

3/4 of the SODIUM
we eat comes from packaged
and processed foods

## **SATURATED FAT**

1/3 of the FAT we eat comes from snacks and fast food



A FRONT-OF-PACKAGE nutrition symbol WILL HELP YOU quickly and easily identify foods high in sugars, sodium or saturated fat

canada.ca/healthy-eating-strategy





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WHEN CHOOSING FOODS, BUT...