

Meal Prep and Nutrition in  
2021:

Nutrition Panels, Better Brands  
& Eating Well with Busy  
Schedules

# DECODING THE LABEL



# Nutrition Facts

Serving Size 2/3 cup (55g)

Servings Per Container About 8

## Amount Per Serving

**Calories** 230      Calories from Fat 72

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 1g      **5%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 37g      **12%**

Dietary Fiber 4g      **16%**

Sugars 1g

**Protein** 3g

Vitamin A      10%

Vitamin C      8%

Calcium      20%

Iron      45%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily value may be higher or lower depending on  
your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Nutrition Facts

8 servings per container

**Serving size**      **2/3 cup (55g)**

## Amount per serving

**Calories**      **230**

**% Daily Value\***

**Total Fat** 8g      **10%**

Saturated Fat 1g      **5%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 37g      **13%**

Dietary Fiber 4g      **14%**

Total Sugars 12g

Includes 10g Added Sugars      **20%**

**Protein** 3g

Vitamin D 2mcg      10%

Calcium 260mg      20%

Iron 8mg      45%

Potassium 235mg      6%

\* The % Daily Value (DV) tells you how much a nutrient in  
a serving of food contributes to a daily diet. 2,000 calories  
a day is used for general nutrition advice.

# EXEMPTIONS

- fresh fruit and vegetables;
- raw meat, poultry, fish and seafood;
- foods prepared or processed at the store:
- *bakery items, sausage, salads;*
- foods that contain very few nutrients:
- *coffee beans, tea leaves, spices;*
- alcoholic beverages.

<https://www.eatrightontario.ca/en/Articles/Nutrition-Labelling/Decoding-the-Nutrition-Label.aspx>

Get answers from a place you can trust.



What can I eat if I have diabetes?



How do I lower my cholesterol?



How can I lose weight and keep it off?



Call EatRight Ontario today



What should I feed my baby?

## EatRight Ontario



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**1-877-510-510-2**



Call to request free nutrition information.

[www.eatrightontario.ca](http://www.eatrightontario.ca)

Follow us on:



Watch a sample call

Dietitians of Canada acknowledges the financial support of EatRight Ontario by the Ontario government.

## Slide 25:

### Oils and Fats

#### Canada's Food Guide Messages

- Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day.
- Use vegetable oils such as canola, olive and soybean.
- **Choose soft margarines that are low in saturated and trans fats.**



#### Non-hydrogenated margarine

Nutrition Facts	
Per 2 tsp (10 g)	
Amount	% Daily Value
<b>Calories</b> 70	
<b>Fat</b> 8 g	<b>12 %</b>
Saturated 1 g	<b>5 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 0 g	
Vitamin A 10 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

**5% DV or less is a little**

#### Speaker's notes:

The type and the amount of fat you eat are important. Some types of fat, like saturated and trans fats, may increase your risk of developing heart disease and should be limited. Replace saturated and trans fats with unsaturated fat to help lower your risk.

Include a small amount (2-3 tablespoons or 30-45 mL) of unsaturated fat each day. Even though it is a "good fat," having too much may lead to having too many calories, which may cause weight gain and increase your risk of developing obesity, type 2 diabetes, heart disease and certain types of cancer. Eat unsaturated fat in small amounts.

As you can see in this Nutrition Facts table, the % Daily Value for saturated and trans fats is 5 %. Remember, 5% DV or less is a little.

# Pure is Better!

Only natural ingredients  
go into making our butter.



**Ingredients:**

Pasteurised cream from cow's milk  
Salt



**Ingredients:**

Potassium Sorbate  
Sodium Benzoate  
Monoglycerides  
Soya Lecithin  
Citric Acid  
Beta Carotene (colour)  
Emulsifier (vegetable)  
Artificial flavours  
Interesterified vegetable oil  
Water  
Soyabean Oil  
Salt  
Buttermilk  
Vitamins D3 and A  
Vegetable Oil

## Grain Products

- **Make at least half of your grain products whole grain each day.**
  - Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
  - Enjoy whole grain breads, oatmeal or whole wheat pasta.
- **Choose grain products that are low in fat, sugar or salt.**
  - Compare the Nutrition Facts table on labels to make wise choices.
  - Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.



Learn more about [grain products](#)

any mixture of bran, endosperm and germ in the proportions one would expect to see in an intact grain—yet the grains can be, and usually are, processed so that the three parts are separated and ground before being incorporated into foods

*<https://www.scientificamerican.com/article/whole-grain-foods-not-always-healthy/>*



# Dempster's® 100% Whole Wheat Bread



## Ingredients

Whole grain whole wheat flour including the germ, water, glucose-fructose / sugar, yeast\*, vegetable oil (canola or soybean), wheat gluten, salt, vinegar, acetylated tartaric acid esters of mono and diglycerides, calcium propionate, sodium stearoyl-2-lactylate, sorbic acid, monoglycerides. \*Order may change.

## Weight

675g

## Allergens

May contain sesame seeds, soybean and sulphites. [f1204]

[View Nutrition Facts](#)

## Vegetables and Fruit

- **Eat at least one dark green and one orange vegetable each day.**
  - Go for dark green vegetables such as broccoli, romaine lettuce, and spinach.
  - Go for orange vegetables such as carrots, sweet potatoes, and winter squash.
- **Enjoy vegetables and fruit prepared with little or no added fat, sugar or salt.**
  - Have vegetables steamed, baked or stir-fried instead of deep fried.
- **Have vegetables and fruit more often than juice.**



Learn more about [vegetables and fruit](#)

# NO FAT? NO ABSORPTION

## Carotenoid absorption from salad and salsa by humans is enhanced by the addition of avocado or avocado oil

Nuray Z Unlu<sup>1</sup>, Torsten Bohn, Steven K Clinton, Steven J Schwartz

The addition of avocado to salsa enhanced lycopene and beta-carotene absorption ( $P < 0.003$ ), resulting in 4.4 and 2.6 times the mean AUC after intake of avocado-free salsa,







Grass Fed Free-range meats (beef, bison, lamb, wild game, chicken, turkey)

Wild caught, cold water fish (salmon, trout, halibut, cod, mackerel, sardines)

Free Range Cage free eggs

Quality Fats (Grass Fed Butter or Ghee, Olive Oil, Avocado Oil, Coconut Oil)

Vegetables and Fruit (Preferably Organic)

PART 2:  
What Is In Your  
Food?

Calories from Fat 20

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 210mg **9%**

# Nutrition Facts

Serv. Size  
4 cookies (32g)  
Servings 9  
**Calories** 150  
Calories from  
fat 60

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 7g	11%	Total Carb. 20g	7%
Sat. Fat 4.5g	23%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 10g	
Cholest. 0mg	0%	Protein 2g	
Sodium 115mg	5%		
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%			

**INGREDIENTS:** Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.



Canadian Food Inspection Agency  
www.inspection.gc.ca

## 100% fat free

"100% fat-free" "100% free of fat"

=The food

(a) contains less than 0.5 g of fat per 100 g; (b) contains no added fat; and (c) meets the conditions set out in column 2 of the subject "free of fat"



Canadian Food Inspection Agency

[www.inspection.gc.ca](http://www.inspection.gc.ca)

“free of fat” “fat-free”, “no fat”, “0 fat”,  
“zero fat”, “without fat” “contains no fat”, “on-fat”

=The food contains:

[a]less than 0.5 g of fat per reference amount and  
serving of stated size; OR

[b]less than 0.5 g of fat per serving of stated size,  
if the food is a prepackaged meal



"Trans fats 0 grams per serving," that does not necessarily mean zero. Manufacturing companies which produce foods containing less than 0.5 grams of trans fats can round that number down to zero.

...you might actually be getting 0.4 grams of trans fats per serving, even though the label reads 0 grams."

*Ronda Elsenbrook, R.D., L.D., is a registered dietitian in the Nutritional Services department at Kelsey-Seybold Clinic in Houston, Texas.*

<http://www.cnn.com/2015/07/02/health/hidden-trans-fat-foods/>

- Peanut Butter
- Cooking sprays
- Condiments (salad dressing, mayo, sauces, marinades)
- Frozen French fries
- Pie crust
- Margarine/"Buttery Spreads"
- Frosting/cake mixes
- Pancakes/waffles
- Ice cream
- Non-dairy creamers
- Microwave Popcorn
- Cookies/Crackers
- Frozen dinners



PART 2:  
What Is In Your  
Food?



POUR SOME  
SUGAR ON ME

### List of Sugar Names

Agave nectar	Glucose solids
Barbados Sugar	Golden sugar
Barley malt	Golden syrup
Beet sugar	Granulated sugar
Blackstrap molasses	Grape sugar
Brown sugar	Grape juice concentrate
Buttered syrup	HFCS
Cane crystals	High-fructose corn Syrup
Cane juice crystals	Honey
Cane sugar	Icing sugar
Caramel	Invert sugar
Carob syrup	Lactose
Castor sugar	Malt syrup
Confectioner's sugar	Maltodextrin
Corn syrup	Maltose
Corn sweetener	Mannitol
Corn syrup solids	Maple syrup
Crystalline fructose	Molasses
Date sugar	Muscovado sugar
Demerara Sugar	Organic raw sugar
Dextrin	Panocha
Dextran	Powdered sugar
Dextrose	Raw sugar
Diastatic malt	Refiner's syrup
Diatase	Rice Syrup
D-mannose	Sorbitol
Evaporated cane juice	Sorghum syrup
Ethyl maltol	Sucrose
Florida Chrystals	Sugar
Free Flowing	Syrup Syrup
Fructose	Table sugar
Fruit juice	Treacle
Fruit juice concentrate	Turbinado sugar
Galactose	Yellow sugar
Glucose	



“Short-term weight loss and hepatic triglyceride reduction: evidence of a metabolic advantage with dietary carbohydrate restriction<sup>1,2,3</sup>”

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3076656/#!po=42.3077>

# PART 3: BETTER BRANDS

I need to start eating more healthy, but first I need to eat all the junk food in the house so it's not there to tempt me anymore.



someecards  
user card

# Dempster's® 100% Whole Wheat Bread



## Ingredients

Whole grain whole wheat flour including the germ, water, glucose-fructose / sugar, yeast\*, vegetable oil (canola or soybean), wheat gluten, salt, vinegar, acetylated tartaric acid esters of mono and diglycerides, calcium propionate, sodium stearoyl-2-lactylate, sorbic acid, monoglycerides. \*Order may change.

## Weight

675g

## Allergens

May contain sesame seeds, soybean and sulphites. [f1204]

[View Nutrition Facts](#)





\* Product formulations, packaging and promotions may change. For current information, refer to packaging on store shelves.

## Nutrition Facts

Serving Size 1 bar (24g)

**Amount per Serving**

**Calories** 100 Calories from  
Fat 30

**Total Fat** 3.5g 5%

Saturated Fat 1.5g 6%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 70mg 3%

**Total Carbohydrate** 17g 6%

Dietary Fiber 1g 4%

Sugars 7g

**Protein** 1g

**Calcium** 8%

**Iron** 2%

Not a significant source of Cholesterol, Vitamin A, Vitamin C.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Calories** 2,000 2,500

## Ingredients

GRANOLA (WHOLE GRAIN ROLLED OATS, BROWNSUGAR, CRISP RICE [RICE FLOUR, SUGAR, SALT, MALTED BARLEY EXTRACT], WHOLE GRAIN ROLLED WHEAT, SOYBEAN OIL, DRIED COCONUT, WHOLE WHEAT FLOUR, SODIUM BICARBONATE, SOY LECITHIN, CARAMEL COLOR, NONFAT DRY MILK), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOABUTTER, SOY LECITHIN, VANILLA EXTRACT), CORN SYRUP, BROWN RICE CRISP (WHOLE GRAIN BROWN RICE, SUGAR, MALTED BARLEY FLOUR, SALT), INVERT SUGAR, SUGAR, CORN SYRUP SOLIDS, GLYCERIN, SOYBEAN OIL. CONTAINS 2% OR LESS OF SORBITOL, CALCIUM CARBONATE, SALT, WATER, SOY LECITHIN, MOLASSES, NATURAL AND ARTIFICIAL FLAVOR, BHT (PRESERVATIVE), CITRIC ACID.

\*The nutrition facts of some club pack offerings may differ. Check your label.

**CONTAINS WHEAT, COCONUT, SOY AND MILK INGREDIENTS.**

**MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.**



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# Meal Prep in 2021

GROCERY LIST:

That thing you spend  
half your day constructing

...and then  
forget to take to the store.



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# WWW.MEELS.CA

## MSH010

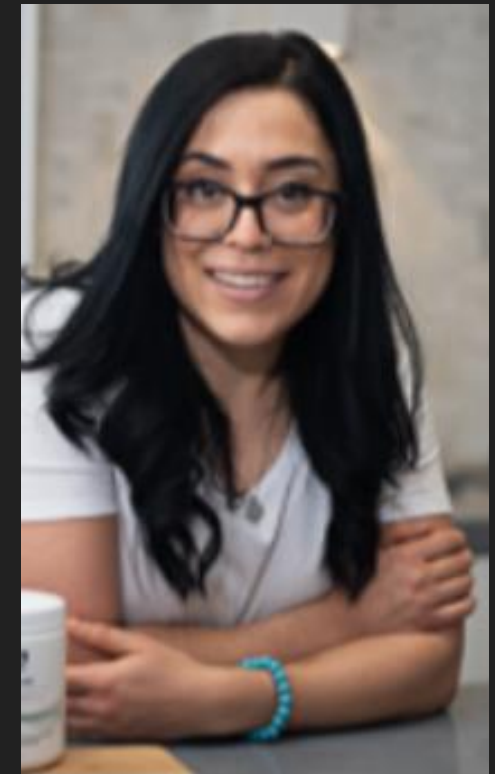


### Our Ingredients

We believe that where food comes from, is just as important as where it's going. Led by this philosophy, we take great pride in the wholesome, organic, farm-to-table ingredients that we source for every meal. Our menus include:

- Wholesome or organic ingredients
- Grass-fed Beef
- Wild seafood
- Antibiotic-free, locally sourced chicken
- Non-GMO ingredients, no food additives





@make\_shifts\_happen  
melissa.ieraci.shifthappens@gmail.com