



# HOW TO UNDERSTAND FOOD LABELS

## What to look for...

Don't rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

Nutrition Information		
Servings per package – 16		
Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
<b>Fat</b>		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
<b>Carbohydrate</b>		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
<b>Ingredients:</b> Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		

### Total Fat ▶

Generally choose foods with less than **10g per 100g**.

For milk, yogurt and icecream, choose less than **2g per 100g**.

For cheese, choose less than **15g per 100g**.

### Saturated Fat ▶

Aim for the lowest, per 100g. **Less than 3g per 100g is best.**

**Other names for ingredients high in saturated fat:** Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

### Fibre ▶

Not all labels include fibre. Choose breads and cereals with **3g or more per serve**

### Ingredients ▲

Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.

### ◀ 100g Column and Serving Size

If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

### Energy

Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

### Sugars

Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

**Other names for added sugar:** Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

### ◀ Sodium (Salt)

Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**

**Other names for high salt ingredients:** Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.