

The Anatomy of a Food Label

100g column & 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 actually eat, use the per serve column. Check your serving size is the same as the recommendation on the package

Sugars: Avoiding sugar completely is not necessary, but try to avoid large amount of added sugar. 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.

Fibre: Not all labels include fibre. Choose wholegrain products with 4g or more 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
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, home, salt, vitamins		

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.

Protein: Protein foods are important for your muscles and keeping your immune system strong. Most people easily meet their protein requirements each day.

Fat: Aim for less than 3g of saturated fat per 100g. Saturated fats are linked to high cholesterol.

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.

Sodium: (Salt) A diet high in sodium can raise your blood pressure. It will make you thirsty, which can make it difficult to stick to a fluid restriction if you need one. Aim for less than 2300mg of sodium (equal to a teaspoon of salt) each day.

Choose lower sodium options among similar foods. Foods with less than 400mg per 100g are good, and less than 120-150mg 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 biocarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.