

SIMPLE STEPS TO LABEL READING



Choose healthier foods when shopping

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	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg

1 FIND THE NUTRITION INFORMATION

Look for the **nutrition table** on the package - compare products using the **per 100g** column.

You don't need to read the label on fruit, vegetables, legumes, nuts and meats or fish.

2 CHECK TOTAL FAT PER 100 GRAMS

Choose foods with **less than 10g per 100g**



Aim for less than 2g per 100g



Aim for less than 15g per 100g

3 CHECK SUGAR PER 100 GRAMS

Choose foods with **less than 15g per 100g**

If sugar is more than 15 g, check that sugar (or other names for added sugar) is not listed near the beginning of the ingredient list.



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

4 READ THE INGREDIENTS

1st

Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins

2nd

3rd

Ingredients are listed from greatest to smallest by weight. Check that the **first three ingredients** are not added sugar.

Count ingredients in brackets together as 1, e.g. Cereals (wheat, oatbran, barley) - is one ingredient.

5 CHECK SODIUM PER 100 GRAMS

Salt is also known as Sodium

Choose foods with **less than 400mg of sodium per 100g**
Foods with less than 120mg per 100g are best

6 CHECK FIBRE PER 100 GRAMS

Not all labels include fibre. Choose breads and cereals with **3g 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	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg



Aim for less than 400mg per 100g



Aim for 3g or more per SERVE