

Reading a Food Label

Comparing Products per 100g Column and Serving Size:

If comparing nutrients from similar products (eg. 2 different breakfast cereals), use the per 100g column. If calculating how much energy, or a nutrient you will eat, use the per serve column (keep in mind your serve may be different to that on the package if it is not individually portioned).

Total Fat:

Generally choose foods with **less than 10g per 100g**. For milk, yoghurt and ice cream, **aim for less than 2g per 100g**. For cheese, choose **less than 15g per 100g**.

Saturated Fat:

Less than 3g per 100g is best.

Protein:

In a product where you would expect to find protein (eg. yoghurt), **aim for at least 6g per serve.**

Fibre:

Choose breads and cereals with the most amount of fibre per serve. **Aim for at least 3g fibre 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
Carbohydrates		
Total	18.9g	62.9g
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, honey, salt, vitamins		

Ingredients:

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

Sugars:

Avoiding sugar completely is not necessary, but try to avoid large amounts of added sugars. **If sugar content is more than 15g per 100g, check the ingredients list to see where this is coming from.** Added sugar and natural sugar are not specified on the food label.

Sodium (salt):

Choose lower sodium options among similar foods. **Aim for less than 120mg per 100g (GREAT) or less than 400mg per 100g (STILL OK)**