

# THE ART OF READING FOOD LABELS

eg. Kellogg's Guardian Cereal

Servings per package - 16  
Average serving size - 30g (2/3 metric cup)

	Quantity per serving	Quantity per serving
<b>Energy</b>	432kj	1441kj
<b>Protein</b>	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
-saturated	3.5g*	11.8g
<b>Dietary Fibre</b>	6.4g	21.1g
-soluble	3.4g	11.4g
-insoluble	2.9g	9.8g
<b>Sodium</b>	65mg	215mg
<b>Potassium</b>	126mg	419mg

**Ingredient list:** Wholegrain cereals (62%) (wheat, barley), psyllium husk (12%), sugar, oatbran, rice, barley malt extract, flavour, salt, vitamins (vitamin C, niacin, thiamin, riboflavin, folate), mineral (iron)



## Fat:

<10g per 100g is a good choice  
<3g per 100g is an excellent choice (LOW FAT)

## Fat - saturated:

Will increase cholesterol  
<3g per 100g

## Fat - trans:

Will increase cholesterol  
Is not mandatory to be included on product  
<1g per 100g

## Carbohydrate:

Total carbohydrate includes sugars and starches.

## Sugar:

Sugars include both naturally occurring and added sugar.

Naturally occurring sugar such as dried fruit is a better choice than added sugar

<10-15g per 100g is a good choice (allow <20g per 100g if contains fruit)  
<2g per 100g is an excellent choice

## Dietary fibre:

Look for the most fibre per serve  
< aim for >3g per serve

## Sodium:

Also known as salt  
<400mg per 100g is a good choice  
<120mg per 100g is an excellent choice (LOW SALT)  
Salt raises blood pressure

## Ingredient list:

Ingredients must be listed from highest to lowest content.  
Percentages of key ingredients must be stated.



## Nutrition claims

Many foods we buy regularly have “nutrition claims” on the package. It is always best to read a nutrition panel and decide for yourself whether a food is a good choice rather than relying on nutrition claims.

The following are examples of nutrition & claims & what they really mean:-

### ‘All natural’

- Usually means there are no artificial colours, flavours or preservatives.
- It does not mean it is the best choice as the product may still be high in fat, sugar and/or salt.

### ‘Light or lite’

- Does not necessarily mean less fat or kilojoules
- Can mean light in flavour, texture or colour
- Best to look at the nutrition panel for total fat

### ‘No cholesterol’ or ‘cholesterol free’

- Does not mean low in fat
- Does not mean low in saturated fat
- Best to look at the total saturated fat in the nutrition panel to determine if a food is good for your cholesterol

### ‘Reduced fat’

- Indicates that the food contains less fat than standard products
- Does not mean it is low fat
- Usually there is a 25-35% fat reduction. Compare fat content of foods using the nutrition information panel

### ‘No added sugar’

- The product contains no added sugar but may contain plenty of naturally occurring sugar
- Example, many fruits juices have no added sugar but contain high amounts of natural fruit sugar which can still affect nutrition.

### ‘Low joule’ or ‘diet’

- These claims describe foods which are lower in kilojoules than a similar product
- Usually contain artificial sweeteners

### ‘97% fat free’

- Must contain less than 3g of fat per 100g
- Considered a low fat
- Still consider the sugar and sodium content of these foods

### ‘Heart foundation tick’

- This product meets the nutrition criteria set by the heart foundation
- Does not mean it is healthier than other brands
- Compare nutrition panels to make sure you are making the healthiest choice

### ‘Low GI’

- This product has been tested for its effect on blood glucose (sugar) levels
- Does not mean that it is healthier than other brands
- Does not mean the food is low in added sugar
- Compare nutrition panels to make sure you are making the healthiest choice