


How To Read Food Labels

Along with a list of ingredients, you will find a Nutrition Information Panel and possibly some nutrition claims.

<p>Energy - Energy is another word for calorie (Kcal) or kilojoule(KJ) Every extra Kcal/KJ eaten will be stored as fat if not needed by the body. A product low in fat or sugar may still be high in energy. Always check the label.</p>		Golden Munchies Your favourite breakfast cereal		
<p>Fat - Watch the total fat content – fat can contribute a lot of extra energy Too much saturated fat can raise blood cholesterol levels and increase the risk of heart disease</p>		Nutrition Information		
<p>Carbohydrate - This is broken down to glucose (sugar) and must be balanced with exercise and/or medication in people with diabetes. It is important to eat some carbohydrate but not too much at each meal.</p>		Servings per package: 15 Serving size: 30g		
<p>Sugars - Sugars are part of the total carbohydrate in a food. A small amount is acceptable. Check out the other names for sugar.</p>			Per serve	Per 100g
<p>Fibre - Having a high fibre diet is good for many aspects of health.</p>		Energy	500KJ 119kcal	1670KJ 379kcal
<p>Salt or sodium - Choose foods with lower salt/sodium content, especially if you have high blood pressure.</p>		Protein	2.2g	7.4g
	Fat	0.6g	1.8g	
	- Saturated	0.3g	0.9g	
	Carbohydrate	26g	87g	
	- Sugars	4.2g	14g	
	Dietary Fibre	2.1g	7g	
	Sodium	117mg	390mg	
	Iron	3mg	10mg	
	Folate	50g	167g	
	Ingredients	Wheatmeal, Rice Flour, Maize Flour, Sugar, Sultanas, Skim Milk Powder, Salt, Sodium Bicarbonate, Iron, Folate, Turmeric		

- Choose foods with less than 10g total fat per 100g
- Choose foods with less than 2g saturated fat per 100g
- Low fat yoghurt has less than 2g total fat per 100g
- Low fat milk has less than 1g total fat per 100g

Sugar

- Choose foods with less than 10g sugar per 100g
- Low sugar breakfast cereal and yoghurt have less than 15g sugar per 100g

Fibre

- Choose foods with more than 6g fibre per 100g salt/sodium
- Food with low sodium content has less than 120mg per 100g

Food with high sodium content has more than 600mg per 100