

# How to read a food label

Learning how to read food labels is essential for making healthy food choices.



## Ingredients

Ingredients are listed in order of most to least by weight. If an ingredient makes up less than 5% of the food, it does not have to be listed.

Other words for **FAT**:

- animal fat/oils  
eg. beef fat
- butter
- chocolate or carob
- cocoa/butter
- coconut/oil
- cophera
- cream
- diglycerides
- dripping
- full cream milk/powder
- ghee
- hydrogenated oil
- lard
- margarine
- mayonnaise
- milk solids
- monoglycerides
- palm oil
- shortening
- sour cream
- suet
- tallow
- triglycerides
- vegetable oil/fats

NB. Oven fried and baked or toasted implies the inclusion of fat.

Check the ingredients. If one of the first 3 ingredients is listed here, look for a healthier alternative.

NUTRITION INFORMATION		
Servings per package: 2		
Serving Size: 215 g (1 serve)		
	QUANTITY PER SERVING	QUANTITY PER 100 g
Energy	900 kJ	420 kJ
Protein	8.2 g	3.8 g
Fat		
- total	3.4 g	1.6 g
- saturated	2.4 g	1.1 g
Carbohydrates		
- total	36.6 g	17.0 g
-sugars	21.7 g	10.1 g
Dietary Fibre	2.6 g	1.2 g
Cholesterol	Cholesterol content does not have to be listed unless a claim is made.	
Sodium	95 mg	45 mg

**INGREDIENTS:** Reduced fat milk, rice (33%), sugar, flavour, mineral salt (339).

## FYI - Sugars

One teaspoon of sugar equals 4 grams. This product has 21.7 g sugar per serve ie. more than 5 teaspoons! Low fat products often contain large amounts of added sugar.

Sugar can come from added sugar (sucrose or high-fructose corn syrup) as well as natural sugars from fruit (fructose) and milk (lactose).

## Step 1 - Serving size

Compare the suggested serving size to what you actually eat.

Your serve may be more or less than the suggested size eg. if you eat the entire can (2 serves) you need to double the total fat and saturated fat amounts in step 2.

## Step 2 - Quantity per serving

You look at this column to tell you how much fat you are actually eating.

If you eat 1 serve you will contribute 3.4 grams of fat towards your daily total fat intake (recommended 47 to 82 grams per day\*) and 2.4 grams towards your daily saturated fat intake (recommended less than 16.5 grams per day\*).

\*average requirement - your requirement may be more or less.

## Step 3 - Quantity per 100 g

You look at this column when you want to compare similar products - to choose the healthiest one.

Generally, choose the product with the **least saturated fat**.

Use the 'Food Label Information' wallet card as a guide when you shop.

NB. 1.6 grams of fat is listed in the 'Quantity per 100 g' column, this means the product is 1.6% fat and therefore is a low fat product.