

Label Reading

Understanding how to read nutrition information will help you identify healthy choices that are:

- Lower in Total Fat
- Lower in Sugar
- Lower in Sodium (Salt)
- Lower in Saturated Fat
- Higher in Dietary Fibre



Nutrition Information Panel

Product: Fruit Bread



NUTRITION INFORMATION		
Serving Size Per Package: 9		
Serving Size: 83.5g (2 Slices)		
	Quantity per Serve	Quantity per 100g
Energy (kJ)	91.8	1100
Protein	6.1g	7.3g
Fat, Total	2.8g	3.3g
- Saturated	0.3g	0.4g
- Trans	<0.1	<0.1
- Polyunsaturated	1.5	1.8
- Monounsaturated	0.9	1.1
Carbohydrate Total	39.8g	47.7g
- Sugars	16.3g	19.6g
Dietary Fibre	6.6	7.9g
Sodium	230mg	275mg

Ingredients List

Product: Fruit Bread

Ingredients are listed in order of quantity from most to least.

*E.g. wheat flour (45%), water (15%), dried sultanas (8%), dried apricots (7%), kibbled wheat (6%), rolled oats (5%), **canola oil**, **honey**, sunflower seeds, salt, cinnamon.*

If a source of **fat** or **sugar** is listed as the first or second ingredient it *may not* be the best choice available.

However, there are always exceptions.

Reading the Nutritional Information Panel together with the Ingredients list is helpful.

How to Compare Products

- To compare food products or use healthy choice criteria for fat, sugar, fibre and sodium, use the **Quantity per 100g** column (shaded in grey).
- The **Quantity per Serve** can differ between manufacturers. This column is not ideal for comparing products or using healthy choice criteria (next page).

Nutrition Claims

- Manufacturers often make nutrition claims on packaging such as “Low Fat” or “Cholesterol Free”. Some claims can be misleading.
- To ensure you are choosing a healthy product, read the Nutrition Information Panel.

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1. Total Fat & Saturated Fat

Aim for: **Total Fat: 10g/100g or less**
Saturated Fat: 2g/100g or less

Exceptions Total Fat:

Milk & Yoghurt: 2g / 100g or less
 Cottage & Ricotta Cheese: 5g / 100g or less
 Other Cheese: 15g / 100g or less
 Margarine: 55g / 100g or less
 Nuts & Oil: Higher amounts accepted provided saturated fat is low



2. Sugar

Aim for: **15g / 100g or less**

Exception:

Products containing dried fruit: 25g / 100g or less



3. Fibre

Aim for: **7.5g / 100g or more**

Exception:

Products that do not contain fibre such as dairy foods



4. Sodium (Salt)

Aim for: **120mg / 100g or less**

Exception:

400mg /100g or less is acceptable for some products



Nutrition Symbols

The following symbols maybe used to help identify healthy food choices. For a product to display either the Heart Foundation Tick or Glycaemic Index logo, a product must meet particular nutrition criteria.

Note the Heart Foundation Tick criteria does not include GI.

As manufactures must apply to have their products assessed and endorsed, there are often alternate healthy choices available that do not display symbols. Therefore, use your label reading skills to make informed choices.



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