



HERE'S A QUICK GUIDE ON HOW TO READ FOOD LABELS AND WATCH OUT FOR SNEAKY SUGAR!!!



LET'S TELL SNEAKY SUGAR TO GO AWAY!



Serving Size
This is determined by the food manufacturer and can vary significantly between food products and brands, sometimes as much as 50%. Sometimes the serving size may not be a healthy or realistic amount.

Fats
Labels will state total fat and saturated fat. Choose foods that have less than 10g of total fat per 100g and less than 3g of saturated fat per 100g. For milk, yoghurt, and ice cream aim for total fat of less than 2g per 100g. For cheeses, aim for total fat of less than 15g per 100g.

Fibre
Choose foods with a higher fibre content. When choosing snack foods aim for 3g or more PER SERVE.

Sodium
Sodium is salt in food. Aim for foods with less than 120mg or less per 100g.

Ingredients
The ingredients in food is listed in greatest to smallest by weight. If any of the first three ingredients are the risk nutrients; fat, sugar or sodium, then you know that the food product is high in risk nutrients and you should choose an alternative food.

Nutrition Information		
Serving size: 30g (2/3 cup)	Servings per package: 16	
	Per Serve	Per 100g
Energy	432KJ	144KJ
Protein	2.5KJ	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugar	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215 mg
Ingredients: Cereals (76%) (Wheat, oatbran, barley), psyllium husk (11%), sugar, rice malt extract, honey, salt, vitamin (niacin, thiamine, folate)		

100g (or ml) Column
As serving sizes vary between food products, when you are choosing a healthier option look at the 100g/ml column. This way you are comparing the same quantity for different products. This will be different for snack foods

Sugar
Aim for foods with less than 10g per 100g of sugar. Check the ingredients list for hidden sugars and check out our Sugar Names in Food fact sheet.

Allergies
Allergens such as nuts, eggs, **wheat,** milk etc.

