

How to read food labels

It is useful to have a basic understanding of food labels so that you can make better food choices and provide you and your family with a healthier diet.

Here is a simple guide to help you know what to look for on a food label.

Nutrition Information Example – Crackers		
Servings per package: 7 Serving size: 35g		
	Per serving	Per 100g
Energy	577 kJ	1650 kJ
Protein	3.9 g	11.1 g
Fat	3.0 g	8.5 g
Saturated fat	0.6 g	1.7 g
Carbohydrate		
Total	21.8 g	62.2 g
Sugars	0.6 g	1.8 g
Dietary fibre	3.9 g	11.1 g
Sodium	147 mg	420 mg

Step one: refer to the 100g column

Step two: Less than **10g** fat?

Step three: Less than **10g** sugar?

Step four: more than **6g** fibre?

Step five: less than **450mg** sodium?

✓ **Step six:** if you have answered yes to all the above, this product is a good choice.

This is a general rule for reading labels but there are some exceptions

Breakfast cereals: Fat less than 5g per 100g
Fibre more than 6g per 100g
Sugar less than 15g per 100g

Milk: Fat less than 1g per 100g

Yoghurt: Fat less than 2g per 100g