

Reading food labels can help us make healthy choices. Most food packages have a Nutrition Information Panel (NIP) which tells you the quantity of various nutrients a food contains per serve, as well as per 100g or 100 ml.

When reading the NIP:

- always read the per 100g column to compare similar products, because the serve sizes differ between brands.
- always compare similar products, for example compare one brand of yoghurt with another brand of yoghurt.

NUTRITION INFORMATION		
Servings per package: 3		
Serving size: 150g		
	Quantity per Serving	Quantity per 100 g
Energy	608 kJ	405 kJ
Protein	4.2 g	2.8 g
Fat, total	7.4 g	4.9 g
– saturated	4.5 g	3.0 g
Carbohydrate, total	18.6 g	12.4 g
– sugars	18.6 g	12.4 g
Sodium	90 mg	60 mg
Calcium	300 mg (38%)*	200 mg

* Percentage of recommended dietary intake

What to look for when reading food labels (per 100g)



Bread

- More than 5g fibre
- Less than 600mg sodium



Meat and alternatives

- Less than 10g total fat
- Less than 3g saturated fat
- Less than 750mg sodium



Breakfast cereal

- More than 6g fibre
- Less than 300mg sodium
- Less than 15g sugar (without dried fruit)



Savoury crackers, crispbreads and crisps

- Less than 10g total fat
- Less than 3g saturated fat
- More than 3g fibre
- Less than 600mg sodium



Milk and yoghurt

- Less than 2g total fat
- Less than 1.5g saturated fat
- Less than 15g sugar
- More than 150mg calcium



Sweet snack bars and biscuits

- Less than 10g total fat
- Less than 3g saturated fat
- Less than 15g sugar
- More than 3g fibre
- Less than 400mg sodium



Cheese

- Compare products and choose the one with the lowest total fat, saturated fat and sodium levels.
- Even reduced fat cheese will contain approximately 25% fat



Fats and oils

- Choose monounsaturated and polyunsaturated margarines and oils instead of butter
- 'Lite' oils are not necessarily lower in fat
- 'Vegetable blend' oils can still be high in saturated fat

The Health Star Rating is a front of pack labelling scheme which can be used to make healthier food choices at a glance. The range is from ½ - 5 stars and the more stars, the healthier the choice.

Recommended minimum star rating within food categories

<p>Breakfast cereals</p>  	<p>Sweet snack foods e.g. muesli bars, biscuits</p>  	<p>Crumbed and battered meats e.g. chicken nuggets, fish fingers</p>  
<p>Liquid breakfast drinks</p>  	<p>Savoury snack foods e.g. crackers, pretzels, crispbread</p>  	<p>Dips e.g. hommus, tzatziki, salsa</p>  
<p>Yogurt</p>  	<p>Savoury pastries e.g. meat pies, sausage rolls, spring rolls</p>  	<p>Chilled or frozen ready to eat meals</p>  
<p>Canned, chilled soups and dehydrated soups</p>  	<p>Ice-creams, frozen yogurt, custard</p>  	<p>Fruit and vegetable juices</p>  

Remember

- Health star ratings are designed to compare products in the same category.

For more healthy eating information and recipes visit:

www.actnss.org