

# How to read food labels

## Nutrition Information Panel (NIP)

The NIP contains information about specific nutrients in that product.

- Energy (in kJ and/or kcal), protein, total and saturated fat, carbohydrate and sugar content, and sodium.
- If a nutritional claim is made about a certain nutrient, then that nutrient must also be in the Nutrition Information Panel (e.g. “high in fibre” = must state the fibre content).
- Must contain ‘per serving’ and ‘per 100g / per 100ml’ columns. Use the 100g/100ml column to compare similar products.

## The ingredients list

The ingredients must be listed in order of largest quantity through to smallest quantity.

## What numbers should you look for?

	For food products (per 100g)	For drinks (per 100ml)
<b>Total fat</b>	<10g	<1.5g
<b>Saturated fat</b>	<2g	
<b>Sugar</b>	<10g (up to 15g OK if the product contains fruit)	<2.5g
<b>Fibre</b>	>6g	
<b>Sodium</b>	<450mg	

- For muesli/snack bars: look for <600kJ per bar along with the above criteria.
- For flavoured yoghurt, choose a variety with <8-9g sugar per 100g.

## Label reading practice

Compare these two muesli varieties to figure out which is the more nutritious choice.

Muesli #1 <sup>1</sup>		
Nutrient	Per Serving	Per 100g
Energy	890kj	1780kj
Calories	213cal	426cal
Protein	5.4g	10.7g
Fat, total	6.2g	12.5g
Saturated	2.4g	4.7g
Trans	<0.1g	<0.1g
Carbohydrate	31.5g	63g
Sugars	14g	27.9g
Dietary Fibre	4.2g	8.3g
Sodium	6mg	12mg

Muesli #2		
Nutrient	Per Serving <sup>2</sup>	Per 100g <sup>2</sup>
Energy	780kj	1560kj
Protein	6.1g	12.2g
Fat, Total	4.2g	8.4g
Saturated	0.6g	1.2g
Carbohydrate	28g	56g
Sugars	2g	4g
Dietary Fibre	5.3g	10.6g
Sodium	5mg	10mg

Toasted Oats (Whole Grain Oats (54.0000%), Sugar, Honey, Canola Oil ),  
 Dried Fruit (Dried Fruit (22.0000%) (Sultanas , Pawpaw, Apricot,  
 Cranberry, Banana), Vegetable Oil, Sugar, Rice Flour, Honey, Acidity  
 Regulator (330), Preservative (220), Flavour), Seeds (Sunflower, Pumpkin,  
 Sesame ), Coconut Chips (Coconut , Preservative (220))

<sup>1</sup> Contains whole grains (54%)