

Reading Food Labels

Understanding how to read food labels helps you make the best food choice for a healthier you.

Follow these tips below when shopping:

1.

Check the Ingredient list as this lists all the ingredients found in the product from largest to smallest amount. The shorter the list and the more ingredients you can recognise, the better.

INGREDIENTS: WHOLEGRAIN CEREALS 28% (WHOLEGRAIN OATS 97%, WHOLEMEAL WHEAT FLOUR), DARK CHOCOLATE 15% (SUGAR, COCOA SOLIDS, ANHYDROUS MILK FAT, EMULSIFIER (SOY LECITHIN), NATURAL FLAVOUR), WHEAT FLOUR, INVERT SUGAR, SUGAR, BUTTER 9% (CREAM (MILK), SALT), DESICCATED COCONUT (COCONUT,

2.

The Health Star Rating (HSR) is a labelling system that helps you to easily compare similar products and choose healthier options. The more stars the better.



Only **compare similar** products using the HSR, like comparing two yoghurts. It shouldn't be used to compare a yoghurt with a muesli bar, for example.

| HEALTH STAR RATING | | | | |
|--------------------|---------|--------|--------|----------|
| ENERGY | SAT FAT | SUGARS | SODIUM | NUTRIENT |
| 0000kJ | 0.0g | 0.0g | 000mg | 0.0g |
| 0% DI* | LOW | HIGH | LOW | HIGH |
| PER 100g | | | | |

Nutrient Icons tell you how many kilojoules, saturated fat, sodium and sugars are in this product per 100g/per 100ml/per pack.





Fresh foods
such as fruit,
vegetables and water
may not have a
Healthy Star Rating
but would all be
5 stars.

3.

The Nutrition Information Panel can be used alongside the HSR and the ingredients list to help you understand how healthy a food product is. Check and compare food products, a good guide is to choose products lower in the 3 S's (Sugar, Salt, Saturated Fat) and highest in Fibre.

When label reading use the 100g column

This shows the **energy** (Kilojoules) found in this food.

Sodium is a component of salt. Found in both processed food and fresh food. Look for less than 400mg per 100g.

Fibre is not always shown. Look for products with the most fibre.

| NUTRITION INFORMATION | | |
|-----------------------------|----------------------|-------------------|
| Servings per package: 2 | | |
| Serving Size 200 g | | |
| | Quantity per serving | Quantity per 100g |
| Energy | 337 kJ | 168 kJ |
| 337 kJ | 81 Cal | 40 Cal |
| Protein | 8.8 g | 4.4 g |
| Fat | 0.2 g | 0.1 g |
| - Saturated Fat | 0.2 g | 0.1 g |
| Carbohydrates, total | 10.4 g | 5.2 g |
| - Sugar | 10.4 g | 4.8 g |
| Sodium | | 42 mg |
| Dietary Fibre | | 0.2 g |

Total Fat

Look for less than 10g per 100g

Saturated Fat

Less is best

Sugar

Look for less than 10g per 100g

When compare products using the 100g column

| | | Healthy Choice |
|----------------------|----------------------|--|
| Look for the lowest | Sugar | Look for less than 10g per 100g |
| | Sodium | Look for less than 400mg per 100g |
| | Saturated Fat | Look for less than 10g per 100g |
| Look for the highest | Fibre | Choose products with more than 5g per 100 g or choose the highest amount |