

Label Reading

Understanding how to read nutrition information will help you identify healthy choices that are:

- Lower in Total Fat
- Lower in Saturated Fat
- Lower in Sugar
- Higher in Dietary Fibre
- Lower in Sodium (Salt)



Nutritional Information Panel

To compare food products and to use healthy choice criteria for fat, sugar, fibre and sodium below, check the **Quantity per 100g** column (shaded in grey).

NUTRITION INFORMATION		
Serving Size Per Package: 9		
Serving Size: 83.5g (2 Slices)		
	Quantity per Serve	Quantity per 100g
Energy	91.8 kJ	1100 kJ
Protein	6.1 g	7.3 g
Fat, Total	2.8 g	3.3 g
- Saturated	0.3 g	0.4 g
- Trans	<0.1 g	<0.1 g
- Polyunsaturated	1.5 g	1.8 g
- Monounsaturated	0.9 g	1.1 g
Carbohydrate Total	39.8 g	47.7 g
- Sugars	16.3 g	19.6 g
Dietary Fibre	6.6 g	7.9 g
Sodium	230 mg	275 mg

1. Total Fat & Saturated Fat

Aim for: **Total Fat: 10g/100g or less**
Saturated Fat: 2g/100g or less



Exceptions Total Fat:

Milk & Yoghurt: 2g / 100g or less
Cottage & Ricotta Cheese: 5g / 100g or less
Other Cheese: 15g / 100g or less
Margarine: 55g / 100g or less
Nuts & Oil: Higher amounts accepted provided saturated fat is low

2. Sugar

Aim for: **15g / 100g or less**

Exception:

Products containing dried fruit: 25g / 100g or less



3. Fibre

Aim for: **7.5g / 100g or more**

Exception:

Products that do not contain fibre such as dairy foods



4. Sodium (Salt)

Aim for: **120mg / 100g or less**

Exception:

400mg /100g or less is acceptable for some products



Ingredients List

Ingredients are listed in order of most to least by weight.

If a source of fat, sugar or salt is listed in the first 3 ingredients, there may be better choices available.

You may find fat, sugar and salt listed as:

Fat:

Beef tallow/ fat, butter, cream, coconut oil, hydrogenated oils, margarine, milk solids, palm oil, vegetable oil

Sugar:

Concentrated fruit juice, corn syrup, dextrose, fructose, glucose, golden syrup, maltose, maltodextrin, sucrose

Salt:

Baking powder, celery/garlic salt, glutamate, mineral salts, MSG, rock salt, sodium, sodium bicarbonate

Nutrition Symbols, Front of Label Packaging and % Daily Intake



Heart Foundation Tick

Products must meet nutrition criteria.
There may be alternative choices that do not contain the tick but are appropriate. Does not take into account sugars or GI.



Low GI Certified

Products have been tested for Glycemic Index.
There may be alternative choices that do not have this symbol.



% Recommended Daily Intake

Indicates a percentage of estimated nutrient intakes for adults.
Your individual needs may be more or less.

Nutrition Claims: Making Sense of What They Mean

Health Claim	What This Means
Baked not fried	Does not mean lower in fat or energy, therefore check the label carefully
Cholesterol free	Only animal products contain cholesterol. May still be high in fat or energy
Diet	Product has been artificially sweetened
Lite or Light	May refer to texture, colour or taste - not necessarily energy
Low fat	Must contain less than 3% fat
Natural	May have the same amount of sugars, fats or energy as regular varieties
No added sugar	May still be high in energy or glycemic index
Reduced fat / salt	Has less fat / salt than the "regular" variety, but may be above healthy choice criteria
Wholegrain	There is no definition or standard for labelling % of wholegrains

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