



Food

Label

Reading



Food Label Reading

Food must be labelled accurately - berry yoghurt must contain berries. The package will show how much of this ingredient is in the food. In the example there is a minimum 5% berries in the berry yoghurt.

Ingredients in food are listed from the **most** to the **least** in quantity. The berry yoghurts key ingredients are milk and sugar.



Ingredients: low fat milk, milk solids non fat, sugar, fruit (min 5% strawberries, black berries, raspberries blueberries), halal gelatine, vegetables gums (440, 406) thickener (1442) flavour, food acids (331, 330) natural colour preservatives (200)

May contain traces of soy, nuts, gluten

Use by: 20/12/08

Information on the label must not mislead the buyer and all packaged food must contain the nutritional content.

Foods that do not have to show nutritional content are:

- Very small packages
- Single food ingredients
- Food sold at fundraisers
- Food made and packaged where it is sold.

All additives or common allergens must be listed. In the above example vegetable gums 440, and 406, and allergens of soy, nuts and gluten are shown.

A **use-by date** means the food must not be bought or eaten after a certain date for health and safety reasons. This yoghurt must be eaten by the 20/12/08.

A **best before date** means food has a shelf life less than 2 years.

It may be safe to eat after this date but may have lost quality and nutritional value.



Nutritional Information Panel

The nutritional information panel shows the amount of energy and nutrient content of foods which include:

- Protein
- Total fat
- Saturated fat
- Carbohydrates
- Sugars.

Always use the per 100g when looking and comparing products as package sizes vary.

Product Name		
Serves per pack 5	Per 200g	Per 100g
Energy	776 KJ 184 (Cal)	388 KJ 92 (Cal)
Protein	10g	5g
Fat		
-total	1.8g	0.9g
-saturated	1.2g	0.6g
Carbohydrates		
-total	31.8g	15.9g
-sugars	28.2g	14.1g
Sodium	110mg	55mg
Calcium	338mg	169mg (21% RDI)

Fat



Total amount of fat includes all saturated, polyunsaturated and monounsaturated. When looking at the fat content try for **less than 10g total fat** per serve.

Low fat	Less than 3g per 100g
Medium fat	4g-10g per 100g
High fat	More than 10g per 100g
Saturated fat	Aim for as low as possible as this type of fat can increase cholesterol
Trans fat	Aim for less than 1g per 100g



Carbohydrates

The total amount of carbohydrates includes all sugar and starch. Check ingredients for natural and added sugars. Look for products with **less than 10g per 100g**. In foods containing fruit like breakfast cereals look for **less than 25g per 100g**.

Dietary fibre

Look for products with **5g per 100g** of fibre and for breakfast cereals look for more than **8g per 100g**.

Salt (sodium)

Look for 'no added salt' or 'salt reduced' varieties. If the product has less than 120mg per 100g this is excellent. If it is less than 400mg per 100g it is good.

Other names for fat, sugar and salt

Fat	Sugar	Salt
Beef fat*	Brown sugar	Baking powder
Coconut*	Corn syrup	Booster
Coconut *oil	Dextrose	Celery salt
Copha*	Disaccharides	Garlic salt
Cream*	Fructose	Meat/yeast extract
Dripping*	Glucose	Onion salt
Lard*	Golden syrup	Monosodium glutamate
Mayonnaise*	Honey	MSG
Sour cream*	Lactose	Rock salt
Nuts	Malt	Sea salt
Oil**	Maltose	Sodium
Oven fried/baked	Monosaccharides	Sodium bicarbonate
Palm oil*	Raw sugar	Sodium metabisulphite
Toasted**	Sorbitol	Sodium nitrate/nitrite
	Sucrose	Stock cubes
	Xylitol	



* High in saturated fat

** May be high in saturated fats if it is coconut, palm or hydrogenated vegetable oil



The National Heart Foundation tick meets the guidelines for total fat, saturated fat, sugar and fibre. Foods with the tick are healthier choices when compared with similar foods. For example a pie with a tick has less saturated fat than other pies or a meal with a tick is a healthier choice.

If the label makes a claim e.g. high fibre, low fat or high in calcium these must also be on the nutritional panel. If the packaging says high fibre – the label must show the fibre content.


What do nutritional claims really mean?


Low fat	Products should less than 3g per 100g
Lite/light	This may describe the taste, texture, fat, salt or sugar content may not be lower in energy (cal/KJ) or fat than other food
Reduced fat	Not necessarily low fat but lower in fat than the normal food
All natural	Sugar, oil, fat and cream are all natural but not healthy in large amounts
Toasted/oven baked	Refers to the cooking method and likely to be high in fat
No added sugar	No added sugars have been added but the product may contain others sources of sugar like fruit sugar (fructose) or milk sugar (lactose)
Low salt	Must have less than 120mg of salt per 100g food
Salt reduced	Has less salt than the usual product but may still be high in salt


Adapted from Community Food Security project www.chdf.org.au. Food Standards Australia and New Zealand:

Food Labelling www.foodstandards.gov.au/whatsinfo/food/foodlabelling.cfm

WATCH OUT for DRINKS with HIDDEN SUGARS

Denotes heaped teaspoons 

Denotes level teaspoons 

Denotes no added sugar 

LIMIT		
Cordial (one glass)		
Soft drink (1 can)		
Fruit juice drink (in mini carton with straw)		
BETTER		
100% Fruit juice		
Glass of milk		
BEST		
Water		 

WATCH OUT for FOODS with HIDDEN SUGARS & FATS

Heaped teaspoons

Level teaspoons

No added sugar

1 teaspoon of fats

		Sugars	Fats
Potato crisps (50g)			
Hot chips (95g)			
Pizza (1/4 medium size pizza)			
Meat pie			
Hamburger			
Deep fried chicken drumstick			
Iced doughnut			
Chocolate bar			
Instant noodles			
Chocolate coated biscuit			
Piece of cake			
Ice cream			

Less than 1 sugar

Baked beans	Sandwiches & breads	Fruit & vegetable	Dried fruit
Breakfast cereal	Rice	Popcorn	Pasta

No Sugar

Yoghurt	Tinned fruit	Dried biscuits	Sandwich with peanut butter
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