

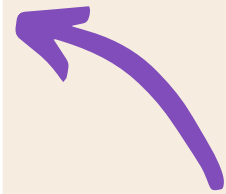
# UNDERSTANDING FOOD LABELS



NUTRITION INFORMATION		
Servings per package: 8 Serving size: 30g (2/3 cup)		
	Per serve	Per 100g
Energy	540 kJ	1620 kJ
Protein	2.3g	6.9g
<b>Fat</b>		
Total	0.5g	1.5g
Saturated	0.1g	3.3g
<b>Carbohydrate</b>		
Total	20.3g	60.9g
Sugars	3.5g	10.5g
Fibre	4.5g	13.5g
Sodium	40mg	120mg
<b>Ingredients:</b> Cereals (70%) (wheat, bran, oat), sugar, natural flavour (vanilla), vitamins.		
<b>ALLERGY ADVICE:</b> MAY BE PRESENT: GLUTEN		

1

Check the serving size. How much are you consuming?



Compare different products using this column

2

Limit saturated fats. Aim for products with <3g per 100g



4

Select products with >3g of Fibre per serve



Are the first 3 ingredients high in saturated fat, sugar or salt?



6

3

Look for products with <15g per 100g of sugar



Aim for products with <200mg per 100g of sodium.

5



Are you allergic to any of the allergens?

7