

# Do you know how to read food labels?

See below a high-level overview of how to read a food label. Most packaged foods in Australia need to adhere to strict label requirements that include information to help keep you informed about what you are eating such as information on potential allergens, food additives and storage details.



The brand name

The name of the product

The Nutritional Information Panel (shows the average amount of energy, fat, protein, sugars and salt in a serve and in 100g or 100ml of the food)

A list of food additives

The list of ingredients it contains (listed in order from largest to smallest by weight)

Information for people with food allergies

Details of the manufacturer

The country where the food was produced

The total weight of the product

Date marking with the use-by or best-before date

Directions for use and storage

Servings per package: 2		
Servings size: 500g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	700kJ	450kJ
Protein	8g	4g
Fat, Total	6g	3g
- Saturated	4.5g	2.6g
Carbohydrate	20g	10.6g
- Sugars	5.7g	3.5g
Sodium	100mg	57mg

Ingredients: Water, Sweet Potato (20%), Carrot, Potato, Onion, Pumpkin (5%), Thickener (1422, from Maize), Brown Sugar, Ginger, Salt, Canola Oil, Spices

Manufactured by ILOVESOUP  
78 Smith Street, Melbourne 3000 Australia  
Store below 4°C

BEST BEFORE: 7/8/08/2020

500G