

Understanding the Nutritional Information Panel

The Nutrition Information Panel provides you with detailed information on the size of a standard serving of the product as well as any other claim that requires nutritional information such as high in fibre, low fat and no added sugar.

Total Fat

Generally choose foods with less than 10g per 100g.

For milk, yogurt and icecream, choose less than 2g per 100g.

For cheese, choose less than 15g per 100g.

Saturated Fat

Aim for the lowest, per 100g. Less than 3g per 100g is best.

Fibre

Not all labels include fibre. Choose breads and cereals with 3g or more per serve.

Sodium (Salt)

Choose lower sodium options among similar foods. Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.

Other names for high salt ingredients:

Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

100g Column and Serving Size

If comparing nutrients in similar food products use the per 100g column. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy

Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

NUTRITIONAL INFORMATION

Servings per package: 16

Serving size: 50g

	Per serve	Per 100g
Energy	225kJ	450kJ
Protein	2g	4g
Fat, Total	1.5g	3g
Saturated	1.3g	2.6g
Carbohydrate, Total	5.3g	10.6g
Sugars	1.75g	3.5g
Fibre	10.6g	21.2g
Sodium	28.5mg	57mg

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

Sugars

Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

Other names for added sugar:

Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

Ingredients

Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.