

# Reading food labels



Most packaged foods have an ingredient list and Nutrition Information Panel (NIP). Know what to look for to choose the healthier product.

## INGREDIENT LIST

Ingredients are listed in order of most weight to least. If a source of sugar, salt or saturated fat is listed in the first three ingredients, it may not be the healthiest choice.

### HOT TIPS

- Sugar may be listed as syrups, sucrose, maltose, glucose, fructose, honey.
- Salt may be listed as sodium, sea salt, sodium bicarbonate, rock salt.
- Saturated fat may be listed as palm oil, coconut oil, tallow, butter, cream, copha, lard.

## NUTRITION INFORMATION PANEL (NIP)

When reading the NIP always compare similar products, for example compare one brand of yogurt with another brand of yogurt.

Nutrition Information		
Servings per package: 1		
Serving size: 30g		
	Per Serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat	0.4g	1.2g
-saturated	0.1g	0.3g
Carbohydrate	18.9g	62.9g
-sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg

**Energy:**  
For packaged snacks look for less than 600kJ per serve

**Fibre:**  
Not all labels include fibre. For breads, cereals & crackers look for more than 5g more per 100g

**Saturated Fat:**  
Aim for the lowest per 100g, less than 3g is best

**Sugar:**  
Aim for less than 15g per 100g

**Sodium:**  
Foods with less than 400mg per 100g are good, but less than 120mg are best



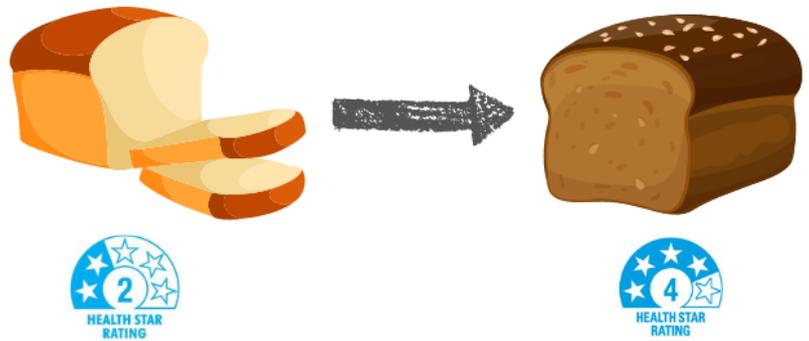
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## HEALTH STAR RATING

Health Star Ratings are a quick and easy way to compare products. The more stars the healthier the choice.

Remember to always compare products within the same category.



## Recommended minimum health star rating of common pre-packaged snacks

<b>Breakfast Cereal</b>  	<b>Sweet snack foods</b>  	<b>Savoury snack foods</b>  
<b>Dips eg. Hummus</b>  	<b>Processed meats</b>  	<b>Muesli Bar</b>  

Not all packaged foods have a Health Star Rating. For an easy way to compare products, use the FoodSwitch Australia app developed by the George Institute for Global Health. Visit [www.foodswitch.com.au](http://www.foodswitch.com.au) to learn more.

