

READING FOOD LABELS

Reading food labels is a great way to choose healthier products but it can be confusing. Be wary of nutrition claims on the front of the pack (e.g. “source of vitamins and minerals”) and instead use this guide to help you read the nutrition information panel on the packaging.

Serving size
The manufacturer chooses the serving size. This can be different between brands.

Fats
Compare the per 100g column between similar products and look for those lower in fat, particularly saturated fat.
See our hidden saturated fats list below.

Dietary Fibre
Choose the option higher in fibre.

Sodium
Look for the option with lower sodium (salt).
See our hidden salt list below.

Nutrition Information		
Serving size 18g Servings per pack: 1		
	Per serve	Per 100g
Energy	379kJ 78Cal	1826kJ 436Cal
Protein	1.7g	9.4g
Fat		
-total	1.8g	9.9g
-saturated	0.3g	1.6g
Carbohydrate		
-total	13.7g	77.7g
-sugars	0.6g	1.6g
Dietary Fibre	0.1g	0.3g
Sodium	127mg	705mg
Ingredients: Rice (82%), cheese seasoning (milk solids, cheese powder, salt, sugar. Maltodextrin, yeast extract, flavours (contains eggs), anticaking agent (551), coconut oil, sunflower oil, salt, garlic powder, antioxidant (307), emulsifier (soy lecithin).		

Ingredients
Listed from largest to smallest by weight. Products that list sugar, fat or sodium as one of the first three ingredients are often sometimes foods. Usually, less ingredients means less processed.

Per 100g Column
As serve sizes can vary, use this column to compare between similar food products.

Sugars
This includes added and naturally occurring sugar. You don't need to avoid sugar altogether, just choose foods lower in added sugar by checking the ingredients list.
See our hidden sugars list below.

Allergies
Common foods that people are allergic to can often be found in bold.

A note on Health Star Ratings

The Health Star Rating found on the front of some packaged products can help you compare similar foods. They range from ½ a star to 5 stars - the more stars, the healthier the choice when comparing items within the same food category. For example, when comparing a savoury biscuit to another savoury biscuit, not when comparing a savoury biscuit to a yoghurt. Products lose stars if they are higher in saturated fat, sugar and salt, and gain stars if they are higher in dietary fibre, protein, calcium, or other vitamins and minerals.

See the next page for different names for sugar, fat and salt.





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Alternate Names for Ingredients

Other names for ingredients high in saturated fat:

- Animal fat/oil
- Beef fat
- Butter
- Chocolate
- Milk solids
- Coconut
- Coconut oil/milk/cream
- Copha
- Cream
- Ghee
- Dripping
- Lard
- Suet
- Palm oil
- Sour cream
- Vegetable shortening

Other names for added sugar:

- Dextrose
- Fructose
- Glucose
- Golden syrup
- Honey
- Maple syrup
- Sucrose
- Malt
- Maltose
- Lactose
- Brown sugar
- Caster sugar
- Raw sugar

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

