

How to read a food label

5 simple steps to make healthier choices.

1

INGREDIENTS

Look at the ingredient list first. Ingredients are listed in order of weight: the first few ingredients make up most of the product.

2

SUGAR, SALT AND FAT

Check the ingredient list for hidden sugar, salt and fat. They can have many different names:



SUGAR

- High fructose corn syrup
- Maltodextrin
- Golden syrup
- Maple syrup
- Agave nectar
- Sucrose
- Molasses
- Corn sweetener
- invert sugar
- Honey
- Cane sugar
- Glucose
- Raw sugar
- Caramel
- Treacle
- Concentrated fruit juice
- Fructose



SALT

- Monosodium glutamate (MSG)
- Sodium chloride
- Sodium bicarbonate
- Sodium benzoate
- Sodium nitrate
- Sodium citrate
- Sea salt



FAT

- Animal fat
- Trans fat
- Ghee
- Shortening
- Vegetable fat
- Dripping
- hydrogenated oil
- Lard
- Tallow
- Milk solids
- Palm oil
- Coconut
- coconut oil
- Cream
- Beef fat
- Non-hydrogenated vegetable oil

MULTIGRAIN CRACKER

Ingredients: wheat flour, whole wheat flour (20%), grains (cracked brown rice (5%), cracked rye (3%), cracked wheat (2%)), sunflower oil, millet (0.5%), flaxseeds (0.5%), sugar, raising agents, salt, malt extract, onion powder, enzymes.

Allergens: Wheat, Gluten



Serving size: 15g (3 biscuits)



Packaging size: 185g



Number of serving per package: 12

Typical Nutritional Information

Average values	Per 100g	Per 15g (3 biscuits) serving
Energy	1916kJ	287kJ
Protein	9.4g	1.4g
Carbohydrate	69g	10g
Of which is sugar	3.7g	0.6g
Total fat	2.9g	0.2g
Of which:		
Saturated fat	1.2g	0.1g
Trans fat	0g	0g
Monounsaturated fat	1.2g	0.1g
Polyunsaturated fat	0.5g	0.04g
Dietary fibre	4.2g	0.4g
Total sodium	120mg	10mg



Allergens: Wheat, Gluten

3

SERVING SIZE

Always check the serving size and the number of servings per package. A package may contain more than one serving. Check how many servings you are eating.

4

NUTRITION INFORMATION

Look at the nutrition information table. Use the 100g column to compare different foods. Here is what to look for:

NUTRIENT

AIM FOR

Total fat	Less than 3g in 100g
Saturated fat	Less than 1.5g in 100g
Trans fat	Less than 1g in 100g
Salt / Sodium	Less than 120mg in 100g
Added sugar	Less than 5g in 100g
Fibre	More than 4g in 100g



Always look at these values in the 100g portion, not per serving size.