



## FOOD LABELS:

### What do they mean?

#### Nutrition Information Panel

Most packaged foods have Nutrition Information Panels. They contain information about the nutrient levels of a product, per serve and per 100g. Use the following information as a *general* guide to choosing healthier food products. (Further information on what levels of fat, sugars, sodium, fibre and calcium to look for when choosing specific foods can be found in 'Label Reading – A further look into different foods').

Product name		
Serves per pack 5	per 200g serve	per 100g
<b>Energy</b>	776 KJ 184 (Cal)	388 KJ 92 (Cal)
<b>Protein</b>	10g	5g
<b>Fat</b>		
- total	1.8g	0.9g
- saturated	1.2g	0.6g
<b>Carbohydrate</b>		
- total	31.8g	15.9g
- sugars	28.2g	14.1g
<b>Sodium</b>	110mg	55mg
<b>Calcium</b>	338mg	169mg (21 % RDI)
<b>Ingredients:</b> Low fat milk, milk solids non fat, sugar, fruit (min 5%) strawberries, blackberries, raspberries, blueberries), halal gelatine, vegetable gums (440,406) thickener (1442) flavour, food acids (331,330) natural colour preservatives (200) <b>May contain traces of soy, nuts, gluten</b> <b>Use By:</b> 20/09/03		

This is the total of both sugar and starch.

Look for products with less than 10g sugar per 100g where possible.

Check the ingredients for natural and added sugars. Foods with fruit such as yoghurt and breakfast cereal may have slightly higher sugar levels.

Ingredients are listed from most to least in quantity.

The ingredients list will show how much of the key ingredients are in the food.

Use the 100gm to compare products.

Look for products with less than 10g total fat per 100g.

Low salt (sodium) products are less than 120mg per 100g. At least aim for products with less than 400 mg per 100g.

Any additive or common allergen must be listed.

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## Other names for fat, sugar and salt

The following names can appear on the Ingredients list:

Fat	Sugar	Salt
beef fat*	brown sugar	baking powder
Coconut*	corn syrup	booster
coconut oil*	dextrose	celery salt
copha*	disaccharides	garlic salt
cream*	fructose	meat/yeast extract
dripping*	glucose	onion salt
lard*	golden syrup	monosodium
mayonnaise*	honey	glutamate (MSG)
sour cream*	lactose	rock salt
nuts	malt	sea salt
oil**	maltose	sodium
oven fried/baked	mannitol	sodium bicarbonate
palm oil*	maple syrup	sodium
toasted**	molasses	metabisulphite
	monosaccharides	sodium nitrate/nitrite
	raw sugar	stock cubes
	sorbitol	
	sucrose	
	xylitol	

\* high in saturated fat

\*\* may be high in saturated fat if it's coconut, palm or hydrogenated vegetable oil.

### National Heart Foundation (NHF) Tick

Foods with the NHF tick are healthy choices amongst foods of a similar type.

They meet NHF guidelines for total fat, saturated (animal) fat, salt, sugar and fibre.

The tick is on some high fat foods like margarine and oils. Have these fats in small amounts.

Not all companies make use of the tick even though their products may qualify.

Read the Nutrition Information Panel and not just look for the tick.



## Nutrient claims - what do they really mean?

### Low fat

Products should be less than 3g per 100g fat.

### Reduced fat

Not necessarily low fat, but lower in fat than the normal food.

### Lite/Light

This may describe the taste, texture, fat, salt or sugar content. Light products may not be lower in energy than other products.

### All natural

Sugar, oil, fat and cream are all natural, but not healthy in large amounts.

### Toasted/oven baked

Refers to the cooking method. Likely to be high in fat.

### Low salt

Must contain less than 120mg sodium per 100g food.

### No Added Sugar

No sugars have been added, however the product may contain other sources of sugar, eg fruit sugar, milk sugar.

### Salt reduced

Has less salt than the usual product but may still be high in salt.

This form has been adapted from 'Improving Food Security: healthy eating for people on low incomes'. available on [www.wch.sa.gov.au/chp.html](http://www.wch.sa.gov.au/chp.html).



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