

EASY FOOD

Tips n Tricks

Understanding food labels

The ingredients list

T

Ingredients are listed from the biggest to the smallest amount



Ingredients:

Cereals (76%) (wheat, oatbran, barley), butter, psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.

TIP! Whole foods and foods with only a few ingredients are usually healthier choices.

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Watch out for fat, sugar and sodium

Foods high in saturated fat, sugar and sodium are unhealthy choices



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Other names for fat

Fat, sugar and sodium are often listed under different names



Butter
Cream
Coconut oil/milk/cream
Cofpa
Dripping
Ghee (clarified butter)



Lard
Margarine
Milk solids
Oils
Shortening
Sour cream



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Example: Names for fat

Ingredients:

Cereals (76%) (wheat, oatbran, barley), **butter**,
psyllium husk (11%), sugar, rice, malt extract,
honey, salt, vitamins.

Butter is a fat



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Other names for sodium

Fat, sugar and sodium are often listed under different names



Sodium is a part of salt

Salt

Rock salt

Sea salt

Mineral salts

Soy sauce

Stock cubes

Sodium bicarbonate



Baking powder

Glutamate

MSG

Meat extract

Yeast extract



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Example: Names for sodium

Ingredients:

Cereals (76%) (wheat, oatbran, barley), butter, psyllium husk (11%), sugar, rice, malt extract, honey, **salt**, vitamins.

Salt contains sodium



Sodium is a part of salt

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Other names for sugar

Fat, sugar and sodium are often listed under different names



Dextrose
Fructose
Glucose
Lactose
Maltose
Sucrose
Malt extract



Raw sugar
Caster sugar
Brown sugar
White sugar
Honey
Concentrated
fruit juice



Corn syrup
Malt syrup
Rice syrup
Maple syrup
Golden syrup
Mannitol
Molasses



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Example: Names for sugar

Ingredients:

Cereals (76%) (wheat, oatbran, barley), butter, psyllium husk (11%), **sugar**, rice, malt extract, **honey**, salt, vitamins.

Sugar and honey are added sugars



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Wallet guide to reading food labels



Wallet Guide to Food Labels		Wallet Guide to Food Labels
Compare per 100g	Target	OTHER NAMES FOR:
Fat	Less than 10g	FAT butter, cream, coconut oil/milk/cream, Copha, lard, oils, sour cream, margarine, milk solids, dripping, shortening
Saturated Fat	Less than 3g	SUGAR concentrated fruit juice, dextrose, fructose, glucose, sucrose, lactose, maltose, ghee, corn/malt/rice/maple/golden syrup, honey, mannitol, molasses, raw/brown/caster sugar, malt extract
Sugar	Less than 15g	SODIUM rock/sea/mineral salts, soy sauce, stock cubes, sodium bicarbonate, baking powder, glutamate, MSG, meat/yeast extract
Sodium (part of salt)	Less than 400mg	
If there is a HEALTH STAR RATING... Compare similar foods - yoghurt with yoghurt; bread with bread and so on. Aim for 3.5 stars or more. Not all products have a Health Star Rating.		

TIP! Fewer ingredients often means the food is less processed.

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Another example

WORDS FOR FAT

vegetable oil
milk solids

WORDS FOR SUGAR

malt extract
glucose
sugar

WORDS FOR SODIUM

salt
yeast extract

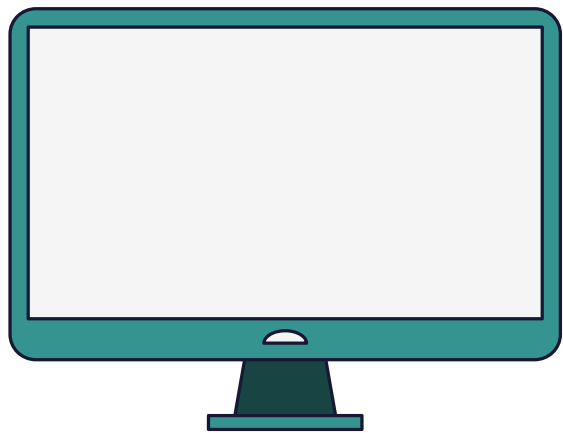
INGREDIENTS LIST

Wheat flour, **vegetable oil**,
vegetable fibre, **milk solids**,
malt extract, yeast, **salt**, natural
flavour, **glucose**, vegetables
(onion powder, garlic powder),
sugar, **yeast extract**, cheese
powder, food acids (270, 327),
antioxidants (304, 307).

Additives are
listed by name
or number.

For some **helpful resources** visit:

livelighter.com.au > Tools and resources > Resources > then:

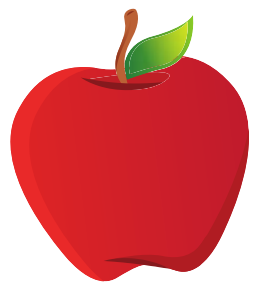


> Label reading wallet card

> Shop smart booklet

healthier.qld.gov.au > Guides > Demystifying food labels

foodauthority.nsw.gov.au > Consumer > Food labelling



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Local Health District

