

EASY FOOD

Tips n Tricks

Understanding food labels

Nutrition information panel (NIP)

T

What is a nutrition information panel?



The NIP can help you make healthier choices.



Most packaged foods have a nutrition information panel (NIP)

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Serving size

The **serving size** is decided by the manufacturer.

This may be more or less than the amount you eat.

Sample nutrition information panel

Servings per package – 16*

Average serving size – 30g (2/3 cup)*

	PER SERVE	PER 100g
ENERGY	432kJ	1441kJ
PROTEIN	2.8g	9.3g
FAT, TOTAL	0.4g	1.2g
– FAT, SATURATED	0.1g	0.3g
CARBOHYDRATES	18.9g	62.9g
– SUGARS	3.5g	11.8g
FIBRE	6.4g	21.2g
SODIUM	65mg	215mg

*Serving size weight and volume, and the number of serves, vary between products

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The number of servings in the packet when using the manufacturer's serving size.

Number of serves

Sample nutrition information panel

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*Serving size weight and volume and the number of serves vary between products

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The **per serve** column tells you how much you will eat if you have the serve size suggested by the manufacturer.

Per serve column

Sample nutrition information panel

Servings per package – 16

Average serving size – 30g ($\frac{2}{3}$ cup)

	PER SERVE	
ENERGY	432kJ	1441kJ
PROTEIN	2.8g	9.3g
FAT, TOTAL	0.4g	1.2g
– FAT, SATURATED	0.1g	0.3g
CARBOHYDRATES	1.9g	62.9g
– SUGARS	3.5g	11.8g
FIBRE	6.4g	21.2g
SODIUM	65mg	215mg

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Per 100g column

The **per 100g** column is useful for comparing two products.

Sample nutrition information panel

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Average serving size – 30g ($\frac{2}{3}$ cup)



		PER 100g
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What to watch

TOTAL FAT



SATURATED FAT



SUGAR



**SODIUM
(SALT)**



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Let's look at TOTAL FAT

Sample nutrition information panel

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SODIUM	65mg	215mg



Aim for less than
10g total fat
per 100g



1 teaspoon fat = 5g

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Let's look at SATURATED FAT

Aim for less than
3g saturated fat
per 100g



1 teaspoon fat = 5g

Sample nutrition information panel

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Average serving size – 30g ($\frac{2}{3}$ cup)

	PER SERVE	PER 100g
ENERGY	432kJ	1441kJ
PROTEIN	2.8g	9.3g
FAT, TOTAL	0.4g	1.2g
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Let's look at SUGARS

Aim for less than
**15g sugar per
100g**



If fruit is a key ingredient,
then up to 25g sugar per
100g is okay.

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FAT, TOTAL	0.4g	1.2g
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– SUGARS	3.5g	11.8g
FIBRE	6.4g	21.2g
SODIUM	65mg	215mg



1 teaspoon sugar = 5g

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Aim for less than
400mg sodium
per 100g



1 teaspoon salt contains 2300mg sodium

Let's look at SODIUM

Sample Nutrition Information Panel

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	PER SERVE	PER 100g
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PROTEIN	2.8g	9.3g
FAT, TOTAL	0.4g	1.2g
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AIM FOR LESS THAN....



10g FAT

3g SATURATED FAT

15g SUGAR

400mg SODIUM

(**25g** sugar is okay if fruit is a main ingredient)

Per 100 grams

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Putting it all together

Compare products by
looking at the **100g column**



Aim for products with the
most numbers in the
recommended range.

LESS THAN.....

10

3

15

400

**TOTAL
FAT**

**SATURATED
FAT**

SUGAR

SODIUM

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Compare two products

SAVOURY BISCUIT ONE

Nutrition information

Servings per package – 4

Average serving size – 25g

	PER SERVE	PER 100g
ENERGY	460kJ	1840kJ
PROTEIN	2.0g	8.0g
FAT, TOTAL	2.0g	7.9g ✓
– FAT, SATURATED	0.9g	3.7g ✗
CARBOHYDRATES	20.4g	81.5g
– SUGARS	less than 0.1g	0.1g ✓
FIBRE	0.8g	3.2g
SODIUM	89mg	356mg ✓



Number one has more ticks so is the better choice.

SAVOURY BISCUIT TWO

Nutrition information

Servings per package – about 9

Average serving size – 25g (6 biscuits)

	PER SERVE	PER 100g
ENERGY	488kJ	1950kJ
PROTEIN	1.9g	7.6g
FAT, TOTAL	4.6g	18.3g ✗
– FAT, SATURATED	1.0g	3.9g ✗
CARBOHYDRATES	16.5g	66.0g
– SUGARS	1.5g	6.0g ✓
SODIUM	123mg	490mg ✗

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Lower energy (kJ)
usually means less
fat and sugar in
the product.

What about ENERGY?

Sample nutrition information panel

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Average serving size – 30g ($\frac{2}{3}$ cup)



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FAT, TOTAL	0.4g	1.2g
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– SUGARS	3.5g	11.8g
FIBRE	6.4g	21.2g
SODIUM	65mg	215mg

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Fibre is an exception to the 100g column rule. Look at the **per serve** column and aim for more than 3.5g

What about FIBRE?

Sample nutrition information panel

Servings per package – 16

Average serving size – 30g ($\frac{2}{3}$ cup)

	PER SERVE	PER 100g
ENERGY	432kJ	1441kJ
PROTEIN	2.8g	9.3g
FAT, TOTAL	0.4g	1.2g
– FAT, SATURATED	0.1g	0.3g
CARBOHYDRATES	18.9g	62.9g
– SUGARS	3.5g	11.8g
FIBRE	6.4g	21.2g
SODIUM	65mg	215mg

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Wallet guide



Wallet Guide to Food Labels

Compare per 100g Target

Fat	Less than 10g
Saturated Fat	Less than 3g
Sugar	Less than 15g
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.

Wallet Guide to Food Labels

OTHER NAMES FOR:

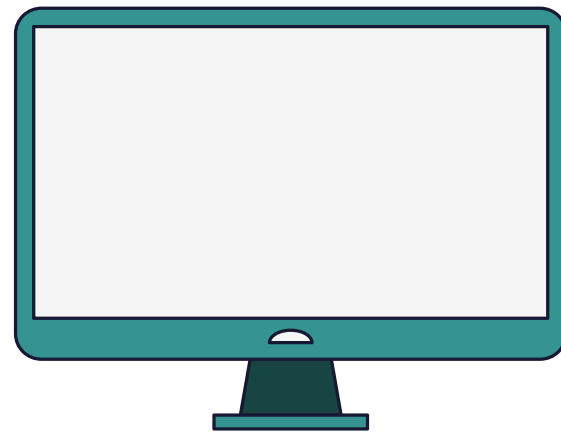
FAT butter, cream, coconut oil/milk/cream, Copha,
lard, oils, sour cream, margarine, milk solids,
dripping, shortening

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

SODIUM rock/sea/mineral salts, soy sauce, stock
cubes, sodium bicarbonate, baking powder,
glutamate, MSG, meat/yeast extract

For some **helpful resources** visit:

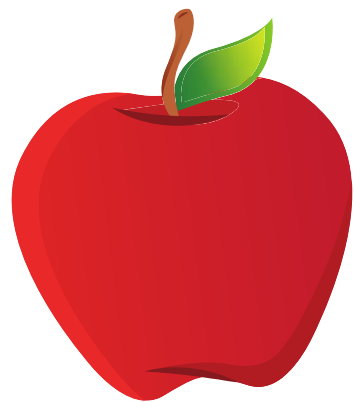
livelighter.com.au > Tools and Resources > Resources > then:



> Label reading wallet card

> Shop Smart booklet

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



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

EASY FOOD

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Health
Illawarra Shoalhaven
Local Health District

