

# How to read food labels



## Try to choose products low in fat.

Aim for less than 10g total fat per 100g.

Choose products with the lowest saturated fat. Less than 3g saturated fat per 100g is ideal.



## Try to choose products lower in added sugar.

Aim for less than 15g sugar per 100g, avoiding products with sugar listed high on the ingredient list.

### Nutrition Information

Servings per package: 16

Serving size: 30g

	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
- Total	0.4g	1.2g
- Saturated	0.1g	0.3g
Carbohydrate		
- Total	18.9g	62.9g
- Sugars	3.5g	11.8g
Dietary Fibre	6.4g	21.2g
Sodium (salt)	65mg	215mg
<b>Ingredients:</b> Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		



Use this column to compare the nutrient content of different products with each other (per 100g).

Not all labels include fibre. Choose breads and cereals with at least 3g per serve.



## Try to choose products lower in salt.

Aim for products with less than 400mg sodium per 100g, ideally less than 120mg is best.



Ingredients are listed in order of weight in the product, most to least. Allergens also need to be declared on the ingredient list and are bolded for easy identification.

