

Most packaged foods have an ingredient list and Nutrition Information Panel (NIP). Know what to look for to make a more informed choice.

INGREDIENT LIST

Ingredients are listed in order of most weight to least. If a source of sugar, salt or saturated fat is listed up the top of the ingredient list then it will be a large part of the food.

Tips

- Sugar may be listed as syrups, sucrose, maltose, glucose, fructose, honey.
- Salt may be listed as sodium, sea salt, sodium bicarbonate, rock salt.
- Saturated fat may be listed as palm oil, coconut oil, tallow, butter, cream, copha, lard.

NUTRITION INFORMATION PANEL (NIP)

When reading the NIP always compare similar products, for example compare one brand of yogurt with another brand of yogurt.

Nutrition Information		
Servings per package: 1		
Serving size: 30g		
	Per Serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat	0.4g	1.2g
-saturated	0.1g	0.3g
Carbohydrate	18.9g	62.9g
-sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg

Energy: For packaged snacks look for less than 600kJ per serve

Saturated Fat: Aim for the lowest per 100g, less than 3g is best

Sugar: Aim for less than 15g per 100g

Sodium: Foods with less than 400mg per 100g are great, but less than 120mg are best

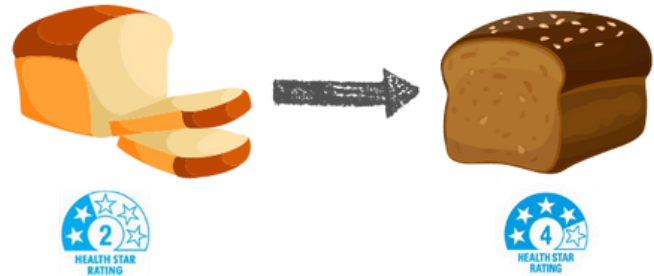
Fibre: Not all labels include fibre. For breads, cereals & crackers look for more than 5g more per 100g

Reading Food Labels


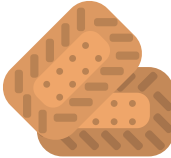




HEALTH STAR RATING

Health Star Ratings are a quick and easy way to compare products. The more stars the healthier the choice.

Remember to always compare products within the same category.



Recommended minimum health star rating of common pre-packaged snacks

Breakfast Cereals  Health Star Rating: 4.5	Sweet snack foods  Health Star Rating: 4	Savoury snack foods  Health Star Rating: 4
Dips eg. Hummus  Health Star Rating: 4	Processed meats  Health Star Rating: 4	Muesli Bars  Health Star Rating: 4

Not all packaged foods have a Health Star Rating. For an easy way to compare products, use the FoodSwitch app developed by the George Institute for Global Health. Visit www.foodswitch.com.au to learn more.

