

Understanding food labels

Reading and understanding food labels is an important skill. It enables you to compare products to choose the healthiest choice for you and your whanau.

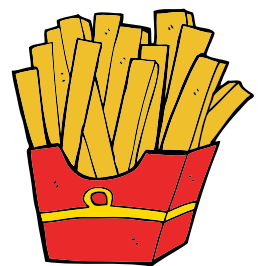
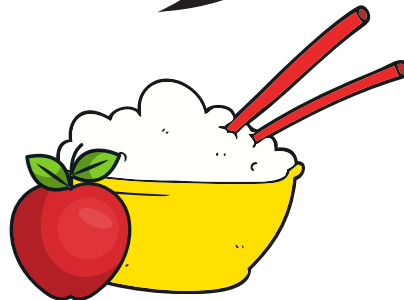
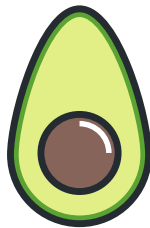
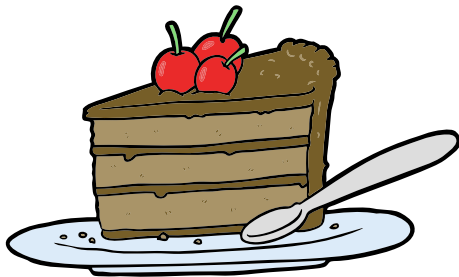
First grab a packet. See if you can find the nutrient information panel, it is usually to the side or on the back. Then use the **10/10/5/400** guide below to check how the product measures up to the recommendations.

Sugars are part of the total carbohydrates in food. **Aim for 10g or less, or 25g for cereals with dried fruit.**
1 tsp = 4g of sugar!

Foods high in fat give our bodies the most energy per gram. Watch out for the saturated fats. **Aim for 10g or less.**

Fibre helps control your appetite by making you feel full and helps manage blood sugar levels. **Aim for 5g or more.**

Sodium is salt. It is important to choose foods low in sodium/salt as it can effect our blood pressure over time. **Aim for 400mg or less.**



10g Sugar

10g Fat

5g Fibre

400mg Sodium

Use this information and test it on this example. How does the bread stack up?

Nutrition information: bread

Servings per package: 8.5 (15 slices and 2 crusts)
Average serving size: 88 g (2 slices)

Content	Average per serve	Average per 100g
Energy	800 kJ	910 kJ
Protein	7.9 g	9.0 g
Fat, total	0.9 g	1.0 g
- Saturated	0.2 g	0.3 g
Carbohydrates	35.6 g	40.4 g
- Sugars	2.8 g	3.2 g
Dietary Fibre	3.6 g	4.1 g
Sodium	375 mg	425 mg

Ingredients: Water, Wheat Flour, Mixed Grains (24%), (Wheat, Rye), Skim Milk Powder, Wheat Gluten, Iodised Salt, Vinegar, Yeast.

Two more tips:

Per 100g

is the column to use when comparing different products.

Ingredients

are listed from what the product is made most of to the least.

