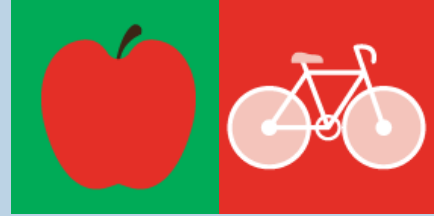


# SIMPLE STEPS TO LABEL READING



Choose healthier foods when shopping

Nutrition Information		
Servings per package – 16		
Serving size – 30g (2/3 cup)		
	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
Fibre	6.4g	21.2g
Sodium	65mg	215mg

## 1 FIND THE NUTRITION INFORMATION

Look for the **nutrition table** on the package - compare products using the **per 100g** column.

You don't need to read the label on fruit, vegetables, legumes, nuts and meats or fish.

## 2 CHECK TOTAL FAT PER 100 GRAMS

Choose foods with **less than 10g per 100g**



Aim for less than 2g per 100g



Aim for less than 15g per 100g



## 3 CHECK SUGAR PER 100 GRAMS

Choose foods with **less than 15g per 100g**

If sugar is more than 15 g, check that sugar (or other names for added sugar) is not listed near the beginning of the ingredient list.



**Other names for added sugar:** Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, raw sugar.

## 4 READ THE INGREDIENTS

Ingredients are listed from greatest to smallest by weight. Check that the **first three ingredients** are not added sugar.

Count ingredients in brackets together as 1, e.g. Cereals (wheat, oatbran, barley) - is one ingredient.

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

1st → Cereals (76%)  
2nd → psyllium husk (11%)  
3rd → sugar

## 5 CHECK SODIUM PER 100 GRAMS

Salt is also known as Sodium

Choose foods with **less than 400mg of sodium per 100g**

Foods with less than 120mg per 100g are best



## 6 CHECK FIBRE PER 100 GRAMS

Not all labels include fibre. Choose breads and cereals with **3g or more PER SERVE**

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CREATED BY WESTERN SYDNEY LOCAL HEALTH DISTRICT  
BASED ON GUIDELINES FROM THE AUSTRALIAN GOVERNMENT "EAT FOR HEALTH"



HEALTHYEATING  
ACTIVE LIVING