**How to understand food labels**

**What to look for…**

Don’t rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

### Nutrition Information

#### 100g Column and Serving Size

If comparing nutrients in similar food products, use the per 100g column. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

#### Energy

Check how many kJ per serve to decide how much is a serve of a ‘discretionary’ food, which has 600kJ per serve.

#### Sugars

Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

#### Total Fat

Generally choose foods with less than 10g per 100g. For milk, yogurt and ice cream, choose less than 2g per 100g. For cheese, choose less than 15g per 100g.

#### Saturated Fat

Aim for the lowest, per 100g. Less than 3g per 100g is best.

#### Carbohydrate

Total

#### Sodium

65mg

#### Ingredients

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

### Other names for high salt ingredients:

- Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.