

# Learn to read food labels and make healthier choices

Look out for the:

## Nutrition Information Panel

This lists all the main nutrients e.g. energy in kilojoules (kJ), protein, fat, carbohydrate, sugars and sodium.

## The ingredients list

This shows what the food is made up of. Ingredients are listed from largest amount to smallest.

## The serving size

This is decided by the manufacturer and should only be used as a rough guide. Remember that some packets can provide more than one serving.

## When comparing two products:

Always use the 100g column (see example below). Look at the fat, sugar, fibre and sodium and aim for:

**Fat** – Total fat less than 10g and Saturated fat less than 2g per 100g

**Sugar** – Less than 10-15g per 100g

**Sodium** – Less than 450mg per 100g

**Fibre** – More than 6g per 100g

Let's compare two breakfast cereals

### (A) Natural Muesli

	Servings per package: 10	Serving size: 50g
	Per Serve	Per 100g
Energy	758kJ	1520kJ
Protein	5.5g	10.9g
Fat, total	3.2g	6.5g
– saturated	0.8g	1.5g
Carbohydrate	30.3g	60.7g
– sugars	7g	14g
Fibre	3.8g	7.5g
Sodium	20mg	40mg

**Ingredients:** Cereals (70%) [oats, barley, red wheat], mixed dried fruit (19%), nuts (4%), brown sugar, honey (2%), canola oil

### (B) Toasted Muesli

	Servings per package: 16	Serving size: 45g
	Per Serve	Per 100g
Energy	846kJ	1880kJ
Protein	4.7g	10.5g
Fat, total	8.8g	19.6g
– saturated	3.7g	8.2g
Carbohydrate	23.7g	52.5g
– sugars	11.2g	42.8g
Fibre	4.7g	10.3g
Sodium	160g	355mg

**Ingredients:** Cereals (58%) [oats, wheat-germ], sugar, fruit 14%, vegetable oils, coconut, glucose, honey, brown sugar

## What's the verdict?

Overall, the natural muesli (A) is a healthier choice than the toasted muesli (B) because it has less fat, sugar and salt.

Remember, even though it is a healthier choice you still need to watch your portion size.

## Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata