

WHAT'S

IN YOUR

FOOD?

LABEL READING GUIDE



FIRST: CHECK THE INGREDIENTS LIST

Ingredients are listed in order of amount by weight. Those that come first in the list are the ingredients there are most of in the product.

Ingredients: Milk, Cream, Milk Solids, Strawberries (7%), Sugar, Thickener (1442), Mineral Salt, Cultures.

Check for fat, sugar and salt - these may be listed under other names,

eg: **Sugars:** dextrose, fructose, glucose, sucrose, maltose, cane juice, syrups

Saturated fats: animal fat/oil, milk solids, copha, palm oil

High salt: sodium, celery/garlic/onion/vegetable salt, yeast extract, monosodium glutamate (MSG), stock cubes



CHECK THE NUTRITION INFORMATION PANEL

Use the "per 100g" column to compare similar products and help you choose the healthiest alternative.

AIM FOR:

Total Fat:
less than 10g per 100g
Saturated Fat:
less than 3g per 100g

NUTRITION INFORMATION		
Servings per package - 1		
Serving size - 150g		
	Per Serve	Per 100g
Energy	780kJ	520kJ
Protein	6.0g	4.0g
Fat		
- Total	9.2g	6.1g
- Saturated	5.9g	3.9g
Carbohydrate		
- Total	19.7g	13.1g
- Sugars	18.0g	12.0g
Sodium	70.5mg	47mg

Sugars:
less than 10g per 100g

Sodium:
less than 120mg per 100g