



Packaged foods have Nutrition labels that provide information about the nutrient levels of a product, per serve and per 100g. Use the following information as a general guide to help you make healthier food choices.



The chart is a guide only. For example, cheese is a very nutritious food but it would be impossible to find a cheese that would fit these numbers. It is best to choose products with less fat, sugar and sodium.

Check the ingredients for natural and added sugars. Foods with fruit such as yoghurt and breakfast cereal may have slightly higher sugar levels.

NUTRITION INFORMATION		
Serves per pack 5	per 200g serve	per 100g
Energy	776KJ 184 (Cal)	388KJ 92 Cal
Protein	10g	5g
Fat - total - saturated	2g 1g	1g 0.5g
Carbohydrate - total - sugars	32g 18g	16g 9g
Sodium	110mg	55mg
Calcium	338mg	169mg
Ingredients: Low fat milk, milk solids non fat, sugar, fruit (min 5%) strawberries, blackberries, raspberries, blueberries), gelatine, vegetable gums (440, 406), thickener (1442), flavour, food acids (331, 330), natural colour preservatives (200). May contain traces of soy, nuts, gluten		

You can compare different products by checking the per 100g column.

Look for products with:

Less than 10g total fat per 100g
For milk and yoghurt choose **low fat** (i.e less than 2g per 100g).

Less than 10g sugar per 100g.

Less than 450mg salt per 100g.

Heart Foundation recommends low salt products with less than 120mg per 100g.

Ingredients are listed from most to least in quantity

Any additive or common allergent (products that people may have allergies to) must be listed.

Typically, the more ingredients listed in the ingredients list, the less healthy the food is. If an ingredient list identifies sugar as one of the first three ingredients this means that the product is high in sugar and might not be the healthiest choice.

Name.....

Tricky Tony is totally bamboozled by all the numbers on the Nutrition Information Label.

Can you help Tricky Tony learn how to read and make sense of the Nutrition Information Label to help him make healthier choices?

Use the Nutrition Information Label Guide to help you answer the questions below.



1. How do you compare two different products?.....
.....
2. Look for products with less than total fat per 100g.
3. For milk and yoghurt you should look for products with less than fat per 100g.
4. Look for products with less than sugar per 100g.
5. Look for products with less thansalt per 100g.
6. What is another name for salt?.....
7. Low salt products have less than per 100g.
8. Does the nutrition label have the recommended amount of:
Total Fat?..... Sugars? Sodium?.....
9. What are allergents?.....
.....
.....
10. Why is it important to list allergents on the nutrition information label?.....
.....
.....
11. Ingredients are listed from to quantity.
12. Why is it important to check the Nutrition Information Label on packaged foods?
.....
.....

Name.....

Compare two different packaged food items by completing the table below to help you decide whether the product is a healthy choice.

Product 1	Fat (per 100g)	Is the total fat content <i>less</i> than 10 grams per 100 grams?	Sugar (per 100g)	Is the sugar content <i>less</i> than 10 grams per 100 grams?	Sodium (per 100g)	Is the sodium content <i>less</i> than 450 milligrams per 100 grams?	How many ingredients are listed in the ingredients list?	What is the health star rating? (0-5)	Do you consider this product to be a healthy choice

Explain why you believe Product 1 is a healthy or not a healthy choice below.

Product 2	Fat (per 100g)	Is the total fat content <i>less</i> than 10 grams per 100 grams?	Sugar (per 100g)	Is the sugar content <i>less</i> than 10 grams per 100 grams?	Sodium (per 100g)	Is the sodium content <i>less</i> than 450 milligrams per 100 grams?	How many ingredients are listed in the ingredients list?	What is the health star rating? (0-5)	Do you consider this product to be a healthy choice

Explain why you believe Product 2 is a healthy or not a healthy choice below.

Notes for discussion:

Name.....

Use your superhero detective skills to find list of words below
that can be found on Nutrition Labels and Food Packaging.

N A C D Z L I L A B R L R P F
P U D T Z E N L W O O G T R L
E S T E S R G S U G R A B E A
R U R R O F R V O J R E A S V
1 G A 1 D A E E T D 1 0 0 E O
0 G N 0 A T D P R E I R V R U
0 A S 0 C L I T G H N U M V R
G D F F D T E Y J K O P M A E
R R A E B D N A 1 0 0 S I T N
A R T S A L T B G D T Y B I H
M D C U G A S S U G A R C V A
S 1 0 0 S U L S O P D I D E N
E F S E R V I N G S I Z E S C
D G H G 2 1 S D T A C G F I E
T E L L R A T T S D A F G H R

Nutrition Label

Sugar

Fat

Per 100 grams

Serving Size

Salt

Trans fat

Preservatives

Ingredients List

Sodium

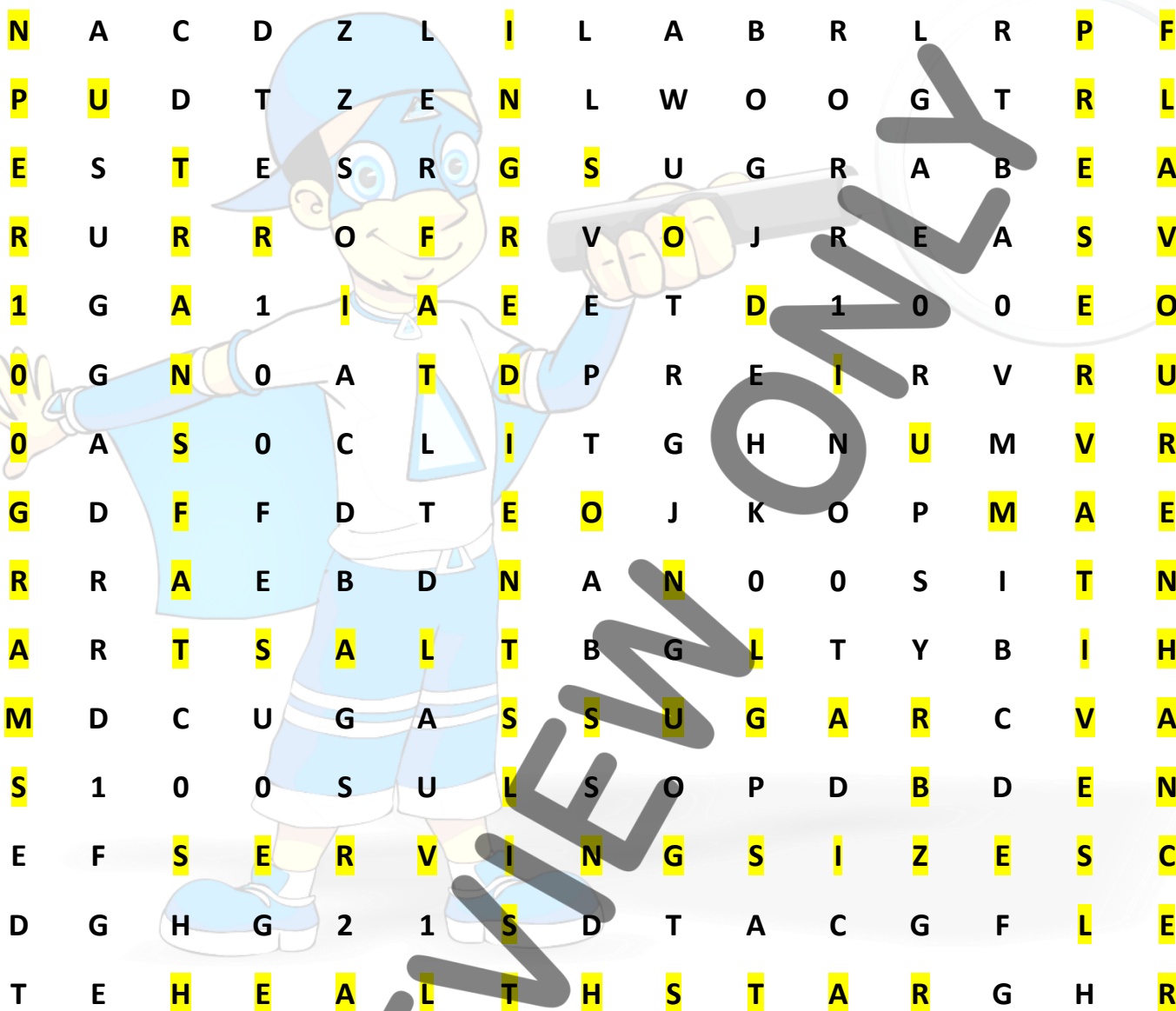
Health Star

Flavour Enhancer

Answer the questions below to test your superhero brain power:

1. As a guide, check the Nutrition Information Label to choose foods with less than grams of sugar and fat.
2. As a guide, check the Nutrition Information Label to choose foods with less than milligrams of sodium (salt).
3. When you compare the Health Star Rating between two packaged foods of the same kind (e.g. cereal to cereal), the stars, the healthier the choice.

MODEL RESPONSE



Nutrition Label

Sugar

Fat

Per 100 grams

Serving Size

Salt

Trans fat

Preservatives

Ingredients List

Sodium

Health Star

Flavour Enhancer

Answer the questions below to test your superhero brain power:

1. As a guide, check the Nutrition Information Label to choose foods with less than **10** grams of sugar and fat.
2. As a guide, check the Nutrition Information Label to choose foods with less than **450** milligrams of sodium (salt).
3. When you compare the Health Star Rating between two packaged foods of the same kind (e.g. cereal to cereal), the **more** stars, the healthier the choice.