

# HOW TO READ LABELS ON PACKETS



While it is best to eat mostly whole and less-processed foods like vegetables and fruit, food in packets can be a quick and easy option.

Here are some tips to help you make better choices.

NUTRITION INFORMATION		
Servings per package: 3		
Serving size: 150g		
	Quantity per serving	Quantity per 100 g
Energy	608 kJ	405 kJ
Protein	4.2 g	2.8 g
Fat, total	7.4 g	4.9 g
— saturated	4.5 g	3.0 g
Carbohydrate, total	18.6 g	12.4 g
— sugars	18.6 g	12.4 g
Sodium	90 mg	60 mg
Ingredients: Whole milk, concentrated skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (2%), pineapple (2%), gelatine, culture, thickener (1442)		
All quantities above are averages		

1. Look at the **INGREDIENTS LIST**.  
Ingredients are in order of quantity, from biggest to smallest amounts. If sugar or fat is near the top, it is likely to be a treat food.
2. Watch out for names which disguise sugar like fructose, syrup or nectar. Fat may be listed as palm oil, shortening or vegetable oil.
3. Compare products with a **NUTRITION INFORMATION PANEL (NIP)**. Look for the **LEAST AMOUNTS** of **Saturated fat**, **Sugar**, and **Sodium/salt** (the 3 S's) per 100g.  
**LESS IS BEST!**  
*Try:* Comparing the amount of sugar in the ingredient list and NIP between your favourite breakfast cereals. Check the price, which is the smarter choice?