

# READING FOOD LABELS

Food labels on packaged items tell us a lot about a product. Knowing how to read these can help you to decide what to buy for you and your family.



For Families

## Claims on packaging

Packaged food products will sometimes have claims on their packaging like 'low fat', 'reduced salt', or 'high in calcium'. Some claims can be useful, but they may not tell the full story on how healthy a product is.

'No added salt or sugar'	'Natural'	'Reduced fat'
They may not be added, but could still be in the product from the other ingredients used	There are no rules around the use of this term, therefore, these products can still have artificial ingredients	Every brand is different, one brand's reduced fat product could still have more than another brand's full fat product. This is the same for 'reduced salt' or 'reduced sugar' claims
'Fat or sugar free'	'Organic'	'Baked not fried'
This is often used for foods that are naturally low in either fat or sugar. This can make the food sound healthier than it is	A product may be considered organic, but can still be high in sugar, salt or fat	This may make a product sound healthier, but it may have just as much fat

**Remember, check the nutrition information panel and ingredients list when choosing foods for your family. Use the guide on the next page to help.**

# Steps to read food labels

## Nutrition Information

Servings per package - 16  
Serving size - 30g (2/3 cup)

EXAMPLE ONLY	Per Serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrates		
Total	18.9g	62.9g
Sugar	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium (salt)	65mg	215mg

### Step 1: The per 100g

Use the per 100g column if comparing nutrients in similar food products

### Step 2: Total fat

- Generally choose foods with less than 10g per 100g
- *Milk and yoghurt:* less than 2g per 100g
- *Cheese:* less than 15g per 100g

### Step 3: Sugar

Check that sugar is not more than 15g per 100g.

### Step 5: Check ingredients

Ingredients are listed from greatest to smallest by weight. Use this to check sugar and salt.

### Step 4: Sodium (Salt)

Foods with sodium less than 400mg per 100g are good, and less than 120mg per 100g are best.

**Ingredients:** cereals (76%) (wheat, oat bran, barley), psyllium husk (11%), sugar\*, rice, malt extract, honey, salt\*, vitamins

\*Sugar and salt may be listed as other names - [click here to find out more](#)

If you have any concerns about your child, contact your local [Child and Family Health Service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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