

# CHOOSING FOOD PRODUCTS

Packaged foods usually cost more, but sometimes life gets busy, so it is helpful to know what to look out for.

Food labels tell us a lot about a product, but knowing what is most important and how to read them can help with choosing healthier options.



## Using the Health Star Ratings

Health Star Ratings are displayed on the front of some foods in the supermarket. It's a great way to compare similar types of foods to help make healthier choices.



## What are the ratings based on?

- Total energy
- Saturated fat, sodium (salt) and sugar content
- Fibre, protein, fruit, vegetable, nut and legume content

**Important tip:** When choosing a product, it is important to compare like with like e.g., a muesli bar with a muesli bar, not a tub of yoghurt with a muesli bar.



[For more info, click here to watch some helpful videos!](#)

# How 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

### 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

### Check ingredients

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

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

*\*Other names for added sugars: dextrose, fructose, glucose, golden syrup, maple syrup, honey, malt, brown sugar, sucrose, raw sugar,*

### 100g column

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

### Sugar\*

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

### Sodium (Salt)

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

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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