

# Label reading

Understanding how to read nutrition information can help you to make healthy choices that are:

- Lower in energy (kJ)
- Lower in saturated and trans fat
- Lower in sugar
- Lower in sodium (salt)
- Higher in dietary fibre

## Nutrition Information Panel

To compare products and make healthy choices, use the targets below:

Nutrition information		
<b>Serving size per package: 9</b>		
<b>Serving size: 83.5g (2 slices)</b>		
	Quantity per serve	Quantity per 100g
Energy	918 kJ	1099 kJ
Protein	6.1 g	7.3 g
Fat, total	2.8 g	3.3 g
- Saturated	0.3 g	0.4 g
- Trans	<0.1 g	<0.1 g
- Polyunsaturated	1.5 g	1.8 g
- Monounsaturated	0.9 g	1.1 g
Carbohydrate, total	39.8 g	47.7 g
- Sugars	16.3 g	19.6 g
Dietary fibre	6.6 g	7.9 g
Sodium	230 mg	275 mg

### Energy

Aim for: less than 600kJ per serve for a food snack or drink.



### Saturated fat

Aim for: less than 2g per 100g  
 Exceptions: Cooking oil (e.g. olive, canola, cheese, whole nuts and seeds).



### Trans fat

Aim for: less than 1g per 100g  
 Note: Trans fats may not be listed on the panel.



### Sugar

Aim for: less than 15g per 100g  
 Exception: Aim for less than 20g per 100g for products with fruit listed in the first three ingredients.



### Sodium (salt)

Aim for: less than 120mg per 100g  
 Exception: up to 400mg per 100g is acceptable for some products.



### Fibre

Aim for: more than 5g per 100g.



## Ingredient list

Ingredients are listed in order of most to least by weight.

If a source of fat, sugar or salt is listed in the first 3 ingredients, there may be a better choice available.

INGREDIENTS		NUTRITION INFORMATION	
SUGAR, FULL CREAM MILK POWDER, WHEAT FLOUR, COCOA BUTTER, VEGETABLE FAT (ANTIOXIDANT [309]), COCOA MASS, COCOA, EMULSIFIERS (SOYA LECITHIN, 476), YEAST, RAISING AGENT (SODIUM BICARBONATE), SALT, FLAVOURS, GLUCOSE SYRUP (DERIVED FROM WHEAT OR CORN). MADE ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING NUTS. CONTAINS 70% MILK CHOCOLATE AND 30% WAFER FINGERS		SERVINGS PER PACKAGE: 1	SERVING SIZE: 45 g
		AVG QTY PER SERVING	AVG QTY PER 100 g
ENERGY	980 kJ		2180 kJ
PROTEIN	3.2 g		7.1 g
FAT, TOTAL	12.1 g		26.9 g
- SATURATED	7.8 g		17.4 g
CARBOHYDRATE	27.8 g		61.7 g
- SUGARS	22.7 g		50.5 g
SODIUM	45 mg		100 mg

You may find fat, sugar and salt listed as:

**Fat:** Beef tallow or beef fat, butter, cream, coconut oil, hydrogenated oil, margarine, milk solids, palm oil, vegetable oil, shortening, full cream milk powder, cocoa butter, copha, lard.

**Sugar:** Fruit juice concentrate, corn syrup, dextrose, fructose, glucose, golden syrup, maltose, mannitol, xylitol, maltodextrin, sucrose, raw sugar, cane sugar, brown sugar, honey, agave nectar, blackstrap molasses, rice syrup, rice malt, barley malt, invert sugar, starch hydrolysate.

**Salt:** Baking powder, celery salt, garlic salt, mineral salts, MSG, rock salt, sodium, sodium bicarbonate, onion salt, chicken salt, sea salt, meat or yeast extract.

## Health Star Rating and Low GI Certified



### Health Star Rating

Health star ratings are based on energy (kJ), saturated fat, sodium and sugar content. A higher star rating may reflect higher dietary fibre, protein, fruit, vegetable, legume and nut content.

There are different criteria for different food groups. The rating does not include glycemic index (GI). There may be suitable choices that do not have this rating.



### Low GI Certified

Products have been tested for glycemic index (GI) and are certified low GI.

There may be suitable choices that do not have this symbol.

Some products may also display a Lower GI symbol.

While the product is not low GI, it will have a lower GI than other similar products.

