

Diabetes fact sheet

Label Reading Made Easy

Nutrition Panel

Laws now require all manufactured food to include a nutrition information panel. There are a few exceptions to this: foods sold unpackaged, herbs and spices, tea and coffee. The information must be presented in a standard format that shows the amount per serve and per 100gm (100ml for liquids) of the foods.

An Example:

Be aware of manufacturers serve size it may be very different to what you consume

Nutrition Information

Servings per package: 1 Serving size: 22 g

	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	373 kJ (89 cal)	1690 kJ (405)
Protein, total	1.6 g	7.1 g
-gluten	0 mg	0 mg
Fat, total	1.8 g	8.4 g
-saturated	0.3 g	1.4 g
Carbohydrate	15.9 g	72.3 g
-sugars	1.1 g	4.8 g
Dietary Fibre	0.9 g	4.1 g
Sodium	137 mg	621 mg
Potassium	52 mg	235 mg

Total Fat
Aim for less than 10g per 100g.
For milk and yogurt aim for less than 2g per 100g

Sugars
Aim for less than 10g per 100g.
If containing fruit then aim for less than 25g per 100g

Dietary Fibre
Aim for more than 5g per 100g
Aim for more than 10g per 100g in breakfast cereal.

Sodium (salt)
Aim for less than 400mg per 100g

When comparing products use the per 100g column.

Ingredient Lists

Ingredients are listed in order of quantity from most to the least. Checking the order tells you valuable information. If fat is in the first three ingredients the food is probably not a good choice. If sugar is first ingredient it is present in large quantities and may not be a good choice. Always check the nutrition panel for quantities. The percentage of the key ingredient will also be shown.

For Example:

In a Brand of Rice Cakes the key ingredient being rice is 81%.

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Ingredients: Brown Rice (minimum 81%), Seasoning (sugar, Maltodextrin, Vegetable Powder, Flavour, Hydrolyzed Vegetable Protein, Spice, Yeast Extract, Salt, Food Acids (262, 330), Worcester Sauce Powder (colour 150), Anti Caking Agent (551), Flavour Enhancers (635, 620), Colour (150), Vegetable Oil (Sunflower Oil, Antioxidants (306, 304)

Ingredients may be known by many names that are not familiar with you. Check the table below for other names for fat, sugar, fibre and salt.

Component	Other Names
Fat	Animal fat, lard, dripping, shortening, cream, butter fat, tallow, coconut oil, vegetable fat, palm oil, beef fat, chocolate, milk solids, monoglycerides, margarine, carob coating, seeds, nuts, coconut and hydrogenated oils.
Sugar	Lactose, honey, sugar, raw sugar, dextrose, treacle, fructose, maple syrup, glucose syrup, brown sugar, sucrose, invert sugar, malt, malt extract, molasses, corn syrup and concentrated fruit juice.
Fibre	Wholegrain, wholemeal, barley bran, rolled oats, barley, oat bran, wheatmeal, rye, buckwheat, hi maize starch, resistant starch, whole wheat, bran, and wheat bran.
Salt	Sodium, salt, sea salt, onion salt, MSG, Monosodium glutamate, meat/vegetable extract, Sodium metabisulphite, baking powder, celery salt, garlic salt, rock salt, booster, sodium bicarbonate and stock cubes

Possible Nutrition Claims

Packaging often includes nutrition claims. Some can be misleading or easily misinterpreted. Statements can include:

- Reduced Fat/ Fat Free/ Low Fat
- Light/Lite
- Cholesterol Free
- Salt reduced/ No added salt/Low salt
- Baked not fried
- No added sugar
- Low GI

Check the nutritional panel on the back