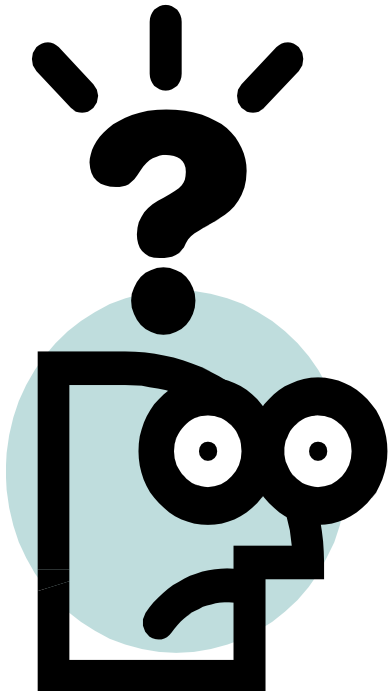


# Food labels



<b>Nutrition Facts</b>	
Serving Size 1 muffin	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories 250</b> <b>Calories from Fat 110</b>	
	<b>% Daily Value*</b>
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 470mg</b>	<b>20%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein 5g</b>	

# Reading labels

Food labels are a useful source of information

- Nutrition labelling
- Name or description of food
- Manufacturers details
- Information for allergy sufferers
- Date marking
- Ingredients list
- Storage requirements

# Reading Nutrition Information Panels

LOOK FOR:

Fat < 10g total per 100g

Sugar < 10g per 100g

Salt < 350mg per 100g

Saturated fat – the less the better

	Per Biscuit	Per 100g
Energy	215kj	1107kj
Carbohydrate	12.3g	65.1g
Sugar	11.2g	61.5g
Protein	1.4g	7.4g
Fat Total	4.7g	25.0g
Saturated	4.5g	24.0g
Polyunsaturated	Less 1g	Less 1g
Monounsaturated	Less 1g	Less 1g
Fibre	Less 1g	Less 1g
Salt	220mg	780mg
1 biscuit ~ 18.9g		

**Remember this is a guide only**

# Find your way around a label

Activity on pg 54

- Find out how much fat, sugar & salt is in 100g of your product
- Report back to the class & explain if your food product is a healthy programme

Activity – supermarket  
challenge!!!!

# Results

	Price	Fat	Sugar	Salt	Brand
Muesli Bar					
worst					
Cheese					
worst					
Peanut Butter					
worst					

	Price	Fat	Sugar	Salt	Brand
Baked Beans					
Marg					
Ice Cream					

	Price	Fat	Sugar	Salt	Brand
Breakfast Muesli	3.50	5.2	6.7	135	Weetbix
worst	4.42	6	36.5	600	Nutrigrain
Biscuits	2.55	33.1	11.06	0	Arnots
worst	2.84	13.3	39.8	190	Griffin Choc Chip
Canned Peaches	1.98	0	5	0	Watties in light juice
worst	1.25		16		Pams syrup

	Price	Fat	Sugar	Salt	Brand
Wheat Crackers					
Bread					
Sour Cream					

	Price	Fat	Sugar	Salt	Brand
Canned Tomato					
Dips					
Oil					

	Price	Fat	Sugar	Salt	Brand
Potato Chips					
Mayo					
Spaghetti					