

Making use of labels

Labels on food can be useful for helping you make healthy decisions about foods you choose. The nutrition information panel is there to provide you with information about the amounts of the following nutrients that affect your family's health.

- Energy (in kilojoules)
- Protein
- Total Carbohydrate with **sugars listed separately**
- Total Fat with **saturated fat listed separately**
- Sodium (salt)

These amounts are stated for **100g of the product** and an **average serve**

Look at these examples of nutrition information panels:

Cookie time choc chip cookie

Sanitarium fruity bix bars

NUTRITION INFORMATION (average)		
Serving size: 95g (1 biscuit)		
Servings per package: 1		
	Per serve	Per 100g
Energy (kj)	1880	1960
Protein (g)	5.9	6.2
Fat, Total (g)	21	22.1
- Saturated (g)	11.7	12.3
Carbohydrate, Total (g)	57.8	60.9
- Sugars	35.4	37.3
Sodium (mg)	360	379

NUTRITION INFORMATION (average)		
Serving size: 25g (1 bar)		
Servings per package: 8		
	Per serve	Per 100g
Energy (kj)	415	1660
Protein (g)	1.6	6.5
Fat, Total (g)	2.7	10.9
- Saturated (g)	2.6	10.5
Carbohydrate, Total (g)	16.3	65
- Sugars	8.4	33.7
Sodium (mg)	39	156

Consider the following when reading these labels

- The "per 100g" column is a useful one to use when **comparing one product with another similar one** to find the healthier option for your family. In this example the fruity bix bar has less fat, less sugar and less sodium than the cookie.
- Fats are listed in two rows, total fat and saturated fat. The **saturated fats are fats from animal sources** that are less healthy so if a product has lots of this then it may not be the best option for health.
- Carbohydrates are divided into total carbohydrate and simple sugars. The sugars are part of the total carbohydrate. If nearly all the carbohydrate in a food is from sugar, it may not be the healthiest option for everyday meals and snacks.
- Foods with lots of sodium are not healthy and **packages foods are often high in sodium**. Children under 5 should have about 800 -1000mg of sodium/day from all their food.

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

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