

NUTRITIONAL INFORMATION PANEL

Nutritional Information		
Servings per package: 3		
Serving size: 150g		
	Quantity per serving	Quantity per 100g
Energy	680kJ	405kJ
Protein	4.2g	2.8g
Fat - Total	7.4g	4.9g
- Saturated	4.5g	3.0g
Carbohydrate		
- Total	18.6g	12.4g
- Sugars	18.6g	12.4g
Sodium	90mg	60mg

Serving Size

This is the average serving size of the product as determined by the manufacturer. However this may not be the same as the serving size you have.

Per 100g – is a useful standard to compare products, always compare by 'per 100' column

Carbohydrate

Total – includes both sugars and starch in foods.

Sugars – tells you how much of the total carbohydrate is sugar. This includes "added" sugar as well as naturally occurring sugars like lactose (in milk) and fructose (in fruits). Sugar content alone will not predict the effect of the food on your blood glucose level.

Fat - Total

This is the total amount of fat in the product. It includes the amount of fat from 3 main types of fat: saturated, poly unsaturated and mono unsaturated.

Sodium (Salt)

Choose, where possible, products with reduced or no added salt

QUICK LABEL READING REFERENCE

PER 100G OR 100ML, LOOK FOR:

	Best choice	Good
Fat	3g or less	10g or less
Saturated Fat	1.5g or less	3g or less
Sugar	5g or less	10g or less
Sodium (Salt)	120mg or less	600mg or less

PER SERVE TIPS:

Fibre - aim for **more than 3g per serve**

Energy - choose snacks with **less than 600kJ per serve**



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