

# Parent Help Guide: Label Reading Information Sheet

When comparing two similar products always look at the **“per 100g” column**, not the “per serve” column as serving sizes can be different with different products, whereas 100g is always 100g.

Choose foods that are:

- **Low** in Total Fat
- **Low** in Sugar
- **Low** in Sodium (salt)
- **High** in Dietary Fibre (fibre helps to fill us up and stops us getting hungry so quickly, and keeps our insides healthy)
- **High** in Calcium (Calcium is important for strong bones and teeth)

## Nutrition Guidelines

<b>Total Fat:</b>	less than 10g per 100g
<b>Saturated Fat</b>	less than 2g per 100g – Saturated Fat is not good for your heart
<b>Sugar</b>	less than 10g per 100g – (if from dried fruit less than 20g per 100g)
<b>Dietary Fibre</b>	more than 5g per 100g (in breads, cereals, muesli bars and crackers)
<b>Sodium (salt)</b>	less than 400mg per 100g
<b>Calcium</b>	700mg – 2500mg per day

- Sugar should be half (or less) than total amount of Carbohydrates
- When looking at Fat focus on Total Fat, but be aware of Saturated Fat (not good for your heart) and try and keep that less than 2g per 100g. Monounsaturated and Polyunsaturated Fats are good for your heart in small amounts.

## Sugar in Drinks

When looking at food labels always look at the **‘per 100ml’ column** when comparing similar products. **BUT**, if you want to see how much sugar (in teaspoons) is in serve, look at the amount of sugar in the **‘per serve’** column and divide it by 4 (be careful of ‘per serve’ as some drinks contain more than 1 serve in the bottle).

**\*\*4g sugar = 1 teaspoon of sugar**

**For example:**

- 600ml Cola drink = 64g sugar per serve (there is 1 serving per package) so  $64g \div 4 = 16 \text{ tsp}$  of sugar in a 600ml Cola drink
- 1.5 L Cola drink = has 6 servings per package at 27g sugar per serving so.... $27g \times 6 \text{ servings} = 162g$  sugar in the whole bottle =  $162g \text{ sugar} \div 4 = 40.5 \text{ teaspoons}$  sugar in a 1.5L Cola drink

**\*\*When comparing drinks and looking at the per 100ml column, everyday drinks should have less than 5g sugar per 100ml**

Foods and drinks that are high in fat and sugar will be higher in energy. The more energy we consume the more exercise/activity we have to do to burn it off – we want to choose lower energy options.