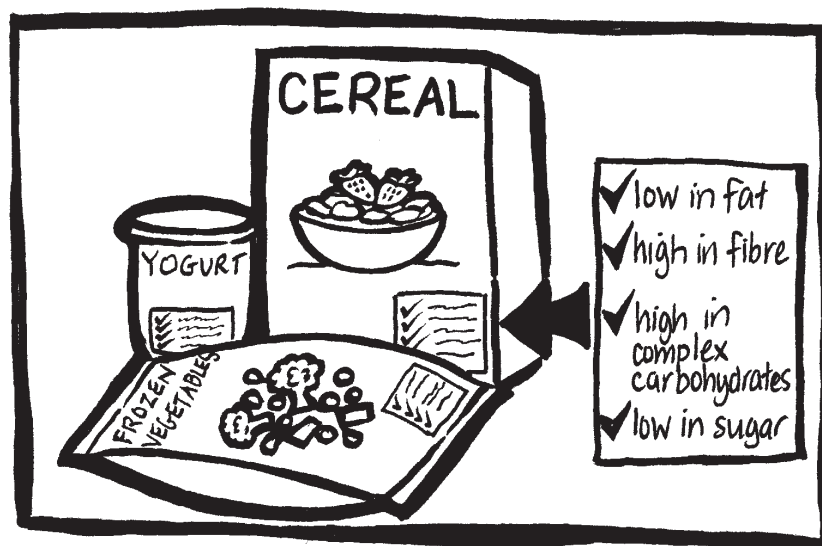


Making sense of food labels

In Australia, food labels contain a large amount of information including:

1. name of the food
2. manufacturer or packer's name and address
3. country of origin
4. date, e.g. use-by date
5. ingredients list – with ingredients listed in descending order by weight
6. lot identification – a code with packing information.

Some foods also contain a nutrition information panel on their packaging. Foods must have this panel if they make a nutrition claim, for example 'high in fibre' or 'low in fat'.



Example of a nutrition information panel from a cereal box:

	Per serving (30 g)	Per 100 g
ENERGY (kJ)	420	1380
PROTEIN (g)	3.7	12.4
FAT (g)	0.8	2.7
DIETARY FIBRE (g)	3.6	12.0
CARBOHYDRATE		
Total (g)	20.0	66.8
Sugars (g)	0.7	2.3

Every nutrition information panel has a 'per 100 g' column – use this column to compare the nutrient content of similar products.

The cereal in the example above contains 12 grams of fibre per 100 grams of cereal, and 2.3 grams of sugar per 100 grams of cereal. If you compare this with other cereals, you will find it is a good source of fibre that is low in sugar.