



LABEL READING

Information Sourced From Diabetes NZ

http://www.diabetes.org.nz/food_and_nutrition/label_reading

Along with a list of ingredients you will find a Nutrition Information Panel and possibly some nutrition claims.

Ingredients

Ingredients are listed in order of quantity, starting with the largest amount first.

How can we use this information?

Comparing products

Use the per 100 gram column to compare different products.

How much do you eat?

The serving size on the packet may be different to your size – check it out.

Energy - Energy is another word for calorie (Kcal) or kilojoule (KJ) Every extra Kcal/KJ eaten will be stored as fat if not needed by the body. A product low in fat or sugar may still be high in energy. Always check the label.

Fat - Watch the total fat content – fat can contribute a lot of extra energy Too much saturated fat can raise blood cholesterol levels and increase the risk of heart disease

Carbohydrate - This is broken down to glucose (sugar) and must be balanced with exercise and/or medication in people with diabetes. It is important to eat some carbohydrate but not too much at each meal.

Sugars - Sugars are part of the total carbohydrate in a food. A small amount is acceptable. Check out the other names for sugar.

Fibre - Having a high fibre diet is good for many aspects of health.

Salt or sodium - Choose foods with lower salt/sodium content, especially if you have high blood pressure.

Golden Munchies Your favourite breakfast cereal		
Nutrition Information		
Servings per package: 15 Serving size: 30g		
	Per serve	Per 100g
Energy	500KJ 119kcal	1670KJ 379kcal
Protein	2.2g	7.4g
Fat	0.6g	1.8g
- Saturated	0.3g	0.9g
Carbohydrate	26g	87g
- Sugars	4.2g	14g
Dietary Fibre	2.1g	7g
Sodium	117mg	390mg
Iron	3mg	10mg
Folate	50g	167g
Ingredients	Wheatmeal, Rice Flour, Maize Flour, Sugar, Sultanas, Skim Milk Powder, Salt, Sodium Bicarbonate, Iron, Folate, Turmeric	

NUTRITIONAL CLAIMS

Packaging often contains claims that can be misleading.
It is important to know what each actually means, or doesn't mean.



No Added Sugar - May still contain a lot of natural sugar – check the carbohydrate content on the label.



Lite or Light - May mean less energy, fat or sugar - It could even refer to the colour of the food- check the label



Low Fat or Fat Reduced - Good choice, worth looking out for. Lower in fat and energy than the original product.



Cholesterol Free - May still have a high fat and energy content – check the nutrition information.



Pick the tick - These foods have met the National Heart Foundations criteria for lower fat or preferred fat choices, but may still be high in sugar and energy (calories) – check the nutrition information panel.



'Diet' or Low Joule or Low Calorie - Good choice - low in energy. These foods are likely to include artificial sweeteners.



COMPARE THESE PRODUCTS YOURSELF

Pure orange juice - no added sugar

Nutrition Information		
Serving Size: 250ml Servings per package: 4		
	Per serve	Per 100ml
Energy	455kJ 82kcal	182kJ 43kcal
Fat	<1g	<1g
- saturated	0g	0g
Carbohydrate	26.8g	10.7g
- sugars	26.8g	10.7g
Protein	<1g	<1g
Dietary Fibre	<1g	<1g
Sodium	8mg	3.2mg
Vitamin C	87mg	35mg
Ingredients	Reconstituted orange juice, flavour, vitamin C	

Fizzy

Nutrition Information		
Serving Size: 250ml Servings per package: 2		
	Per serve	Per 100ml
Energy	450kJ 107kcal	180kJ 43kcal
Fat	0g	0g
- saturated	0g	0g
Carbohydrate	26.5g	10.6g
- sugars	26.5g	10.6g
Protein	0g	0g
Dietary Fibre	0g	0g
Sodium	25mg	10mg
Ingredients	Carbonated water, sugar, flavour, colour (150a)	

Diet fizzy drink

Nutrition Information		
Serving Size: 250ml Servings per package: 2		
	Per serve	Per 100ml
Energy	4kJ 1.0kcal	1.5kJ 0.4kcal
Fat	0g	0g
- saturated	0g	0g
Carbohydrate	0.25g	0.1g
- sugars	0g	0g
Protein	0g	0g
Dietary Fibre	0g	0g
Sodium	42mg	15mg
Ingredients	Carbonated water, flavour, colour (150a), sweetener, preservative	

How many servings in the package of fruit juice?

How many servings in the package of fizzy drink?

In 100mls, how much sugar is in the:

Pure Orange Juice?

Fizzy Drink?

Diet fizzy drink?

Does 'no added sugar' mean that there will be no sugar in the product?

How much fat is in a serve of the standard ice cream?

How much is in the 'low fat' product?

Which product has more carbohydrate?

Which product has more energy?

Standard Hokey Pokey Icecream

Nutrition Information		
Serving Size: 100g Servings per package: 10		
	Per serve	Per 100g
Energy	827kJ 197kcal	
Fat	9.3	
- saturated	5.3	
Carbohydrate	25.0	
- sugars	25.0	
Protein	2.9	
Sodium	8	
Ingredients	sugar, milk fat, milk solids non-fat, glucose, emulsifier (471), vegetable gums (407), flavour, colour (110); Confectionery 5%: sugar, glucose, milk fat, gelatin, flavour.	

Low Fat Icecream

Nutrition Information		
Serving Size: 100g Servings per package: 10		
	Per serve	Per 100g
Energy	848kJ 202kcal	
Fat	3.0	
- saturated	1.4	
Carbohydrate	38.0	
- sugars	27.0	
Protein	5.2	
Sodium	75	
Ingredients	milk solids non-fat, sugar, glucose, milk fat (2.7%), emulsifier (471), stabiliser (460), flavour, colour (160(b))	



How many servings in the package of fruit juice?

4

How many servings in the package of fizzy drink?

2

In 100mls, how much sugar is in the:

Pure Orange Juice - 10.7 grams

Fizzy Drink - 10.6 grams

Diet fizzy drink - 0 grams

Does 'no added sugar' mean that there will be no sugar in the product?

No, it may occur naturally (eg from fruit)

How much fat is in a serve of the standard ice cream?

9.3grams

How much is in the 'low fat' product?

3grams

Which product has more carbohydrate?

The 'low fat' product

Which product has more energy?

The 'low fat' product



DIFFERENT NAMES FOR FATS, SALT & SUGARS

POLYUNSATURATED FATS:

- Soybean oil
- Safflower oil
- Corn oil
- Sunflower oil
- Grape seed oil

SALTS:

- Sodium
- Rock salt
- Monosodium glutamate (MSG)
- Sea salt

SUGAR:

- Brown sugar
- Corn syrup
- Dextrose
- Disaccharides
- Fructose
- Glucose
- Golden syrup
- Honey
- Invert sugar
- Lactose
- Malt extract
- Maltose
- Molasses
- Monosaccharides
- Raw sugar
- Sucrose

MONOUNSATURATED FATS:

- Canola oil
- Peanut oil
- Avocado oil
- Olive oil

SATURATED FATS AND TRANS FATTY ACIDS:

- Animal fat/oil
- Kremelta
- Baking margarine
- Hydrogenated fat
- Butter fat
- Lard
- Coconut oil
- Milk solids
- Copha
- Palm oil
- Dripping
- Shortening
- coconut oil
- coconut cream/coconut milk
- chocolate
- cocoa butter
- cream

