

Label reading

Use this to help you choose options that are:

- ✓ **Lower**
in energy
- ✓ **Lower**
in saturated
and trans fat
- ✓ **Lower**
in sugar
- ✓ **Lower**
in sodium,
which is salt
- ✓ **Higher**
in dietary fibre.

Nutrition Information Panel

To compare products, use the targets below:

Nutrition Information

Serving size per package: 9

Serving size: 83.5g (2 slices)

	Qty per serving	Qty per 100g /100ml
Energy	918kJ	1099kJ
Protein	6.1g	7.3g
Fat, total	2.8g	3.3g
– Saturated	0.3g	0.4g
– Trans	<0.1g	<0.1g
– Polyunsaturated	1.5g	1.8g
– Monounsaturated	0.9g	1.1g
Carbohydrate, total	39.8g	47.7g
– Sugars	16.3g	19.6g
Dietary Fibre Total	6.6g	7.9g
Sodium	230mg	275mg

Energy

For snacks, aim for less than **600kJ per serve.**



Saturated fat

Aim for less than **2g per 100g.** Oils, cheese, nuts and seeds will have more saturated fat.



Trans fat

If listed, aim for less than **1g per 100g.**



Sugar

Aim for less than **15g per 100g.**



Sodium (salt)

Aim for less than **400mg per 100g.** Less than **120mg per 100g** is better.



Dietary fibre

If listed, aim for more than **5g per 100g.**



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Ingredient list

After you have checked the Nutrition Information Panel you may also be interested in checking the ingredients list. Ingredients are listed from most to least by weight.

Check the first 3 ingredients to see that it mainly contains whole foods such as grains, fruit or vegetables, nuts and seeds.

Products high in saturated fat, added sugar or sodium should be consumed in smaller amounts.

INGREDIENTS:

SUGAR, FULL CREAM MILK POWDER, WHEAT FLOUR, COCOA BUTTER, VEGETABLE FAT (ANTIOXIDANT [309]), COCOA MASS, COCOA, EMULSIFIERS (SOYA LECITHIN, 476), YEAST, RAISING AGENT (SODIUM BICARBONATE), SALT, FLAVOURS, GLUCOSE SYRUP (DEPRIVED FROM WHEAT OR CORN). MADE ON EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING NUTS, CONTAINS 70% MILK CHOCOLATE AND 30% WAFER FINGERS.



Low GI Certified

Products that have displayed this symbol have been tested and are certified low glycaemic index (GI).

There may be suitable choices that do not have this symbol.



More information

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Review date: 2024.