



READ YOUR LABELS



NUTRITION INFORMATION

Servings per package: 8

Serving size: 33g

	Per serving	Per 100g
Energy	550kj	1680kj
Protein	2.4g	7.2g
Fat		
Total	3.6g	11.0g
Saturated	1.3g	4.1g
Carbohydrate		
Total	21.5g	55.1g
Sugars	10.1g	30.7g
Dietary Fibre	1.7g	5.1g
Sodium	20mg	70mg

This tells you how many serves there are in the whole packet.

This tells you the size of one serving of this food.

This tells you the nutrients in 100g of this food. This is the best way to compare similar products.

This tells you the nutrients in a single serve of this food. In this case, it's per 33g.

All measures per 100g	LOW – A healthier choice	MEDIUM – OK most of the time	HIGH – Just occasionally
Sugars	5g or less	5.1 – 15g	More than 15 g
Total Fat	3g or less	3.1 – 20 g	More than 20g
Saturated fat	1.5g or less	1.6 – 5 g	More than 5 g
Salt	0.30 or less	0.31 g – 1.5 g	More than 1.5 g

Table taken from : Guide to Food Labelling: British Heart Foundation