

*Reading  
Food  
Labels*

## Use the Nutrition Information Panel

Find the 100g column so you can compare different brands.

NUTRITION INFORMATION		
Serving Per Package: 6		
Serving Size: 56G (1 bar)		
	Per Serve	Per 100g
ENERGY	490J	1370J
PROTEIN	2.2g	6.7g
FAT, TOTAL	3.6g	10.0g
Saturated	0.8g	2.3g
CARBOHYDRATE	19.7g	54.7g
Sugars	10.2g	28.3g
DIETARY FIBRE	1.5g	4.2g
SODIUM	65mg	185mg
POTASSIUM	60mg	160mg

Look for total fat and saturated fat.  
Best choices are low in both.

If the saturated fat is low,  
total fat can be up to 10g/100g.  
If most of the fat is saturated,  
total fat should be less than 5g/100g.

Low sugar foods have less than  
10 - 15g sugar/100g food.

High fibre foods have more than 4 - 6g fibre/100g food.

You can use the Nutrition Information Panel to compare the amount of sodium (salt) in different foods.

### Best choices are

- low in fat and sugar
- high in fibre
- low in salt.

**Use the Ingredient List** if you want to know the specific ingredients in the food. Ingredients are listed in order of quantity so the main ingredients are listed first.

### Avoid products that contain mainly animal fat or saturated fat.

NOTE: "Vegetable oil" usually means palm oil which is a saturated fat. If the manufacturer has used an unsaturated oil, they will usually tell you by naming the oil e.g. Canola oil.

### Pick the Tick



Choosing foods with this logo makes healthy food shopping quick and easy. Products with this tick meet the National Heart Foundation's criteria for a healthy food choice.

## Fat

- ♥ Be kind to your heart - eat less fat and fatty foods.
- ♥ Saturated fats are linked with heart disease - they are found mainly in animal products and ready prepared foods.

When it comes to the fat you eat, you've got a choice:

Monounsaturated	canola (rapeseed) and olive oils and margarines, avocado, peanuts and peanut oil, nuts and seeds,
Polyunsaturated	sunflower, safflower, grapeseed, soya oils and margarines, nuts and seeds
Saturated	mainly animal fat - butter, cheese, cream, dripping, meat fat, some vegetable fat - Kremelta, palm oil, coconut, commercially made cakes and biscuits, pastries

### Healthy Choices

- ♥ Choose monounsaturated (canola and olive oils) and polyunsaturated oils and margarines. Use in small amounts and spread margarine thinly.
- ♥ Choose a lower fat milk.
- ♥ Use the 10 gram rule: Choose foods that have less than 10 grams of total fat per 100 grams. Best choices are low in saturated fat.
- ♥ Have a smaller serving of meat and have more vegetables.

### Cooking Hints

- ♥ Cut the fat off meat before cooking. Remove skin from chicken. Cook without adding fat. Bake, steam, boil, grill, barbecue, microwave.
- ♥ Skim the fat off the top of soups, casseroles, stews and boil-ups. This is easiest when the dish is cold and the fat is set hard.
- ♥ Try not to add extra fat to your food - that knob of butter in the potatoes adds up over time!
- ♥ Keep high fat foods like cream for really special occasions. Try some low fat options instead, eg. low fat ice cream, diet yoghurt

Remember that takeaways are often high in fat, eat them less often and order a smaller amount.

**Eat less of all kinds of fat if you want to lose weight.**