

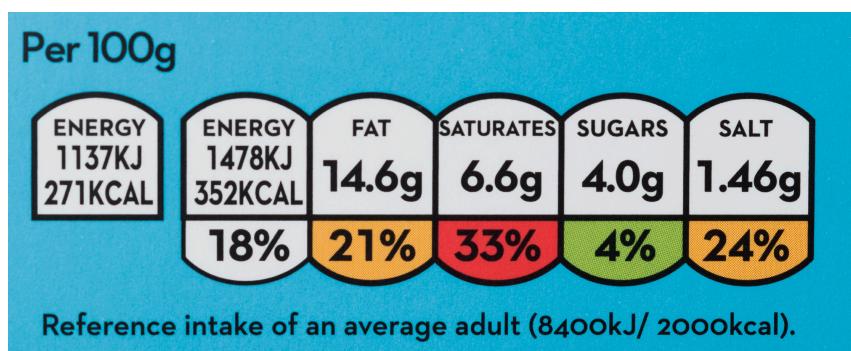
## Understanding Food Labelling Factsheet

Food labels tell us what is in the foods and drinks we buy. It's important to know where to find the information you need and what it means. Understanding and using these labels in your day to day life when shopping can help you make healthier lifestyle choices.

### Front of Pack Labelling

- Most pre-packaged foods have nutritional information on their labelling
- Front of pack labelling often shows the energy, fat, saturated fat, sugars and salt content within a product
- These labels generally provide information on the number of grams of fat, saturated fat, sugars and salt, and the amount of energy (in kJ and kcal) in a serving or portion of the food or drink.
- It may also provide the amount of kJ and kcal (energy) per 100g or per 100ml.
- A portion tells you the amount of energy (calories), fat, sugar, salt and other nutrients you get when you consume one serving of the food or drink.
- A portion is the amount the company suggests you eat at one time, like 1 biscuit, 1 bar,  $\frac{1}{2}$  a pizza, or 1 bowl of cereal.
- Be mindful of portions as what a company suggests as the portion size may be less than what you would usually serve up as a portion for yourself.
- This can sometimes lead to us consuming more energy than we need or are aware of.

### Traffic Light Labelling



- Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt
- In general, a food or drink that has all or mostly green on the label is a healthier choice as this means it is low in fat, saturated fat, salt or sugars.
- Amber means medium (neither high nor low), so you can eat foods with all or mostly amber on the label most of the time.
- Any red on the label means the food is high in fat, saturated fat, salt or sugars, and therefore you should limit your intake of these types of foods and drinks. Try to eat these foods less often and in small amounts.

### Reference Intake

- These labels also contain information relating to reference intake.
- Reference intake is the approximate daily amount of nutrients (fats, saturated fats, salt and sugar) and energy you need for a healthy diet.
- This is presented on labels using % underneath the information in grams.
- Be aware that the reference intake on food labelling relates to recommendations for adults and not children

### Ingredients List

- Pre-packed food must have a list of ingredients on the packet or on a label.
- Any allergens in the food must be clearly shown.
- The ingredients list can be helpful in helping you to make healthier and more balanced choices.

- Ingredients are written in order of weight, starting with the one that there is the most of.
- This means the first few ingredients are the main parts of the food.
- If these first ingredients are high in fat, like cream, butter, or oil, then the food is probably high in fat.

**Spotting Sugar:**

When reading your ingredients lists, it is not always easy to identify sugar as there are a number of words used instead of 'sugar'. Look for words that end in 'ose' such as fructose, dextrose or maltose as they are all types of sugars. Also be mindful of 'syrups' and 'juices' as these can have a high sugar content.