


Label Reading Steps

1. Check Health Star Rating
2. Check ingredients list
3. Check NIP 

Nutrition Information		
Serving Size		Xg
Serves per Pack		X
	Per Serve	Per 100g
Energy	~300cal (meal) ~100cal (snack)	
Protein	>10g (meal) >5g (snack)	
Total Fat		<10g
Saturated Fat		<3g
Carbohydrate		
Sugars		<10g
Fibre	>3g	
Sodium		<400mg (good) <120mg (best)

Label Reading Tips

Ingredients List: If fat, salt or sugar is one of the first 3, it's best to put it back.

Serving size: Check it's what you'll actually eat then adjust values to match.

Energy: Aim for ~100-150cal (400-600kJ) per snack or ~300cal (1200kJ) per meal.

Saturated Fat: The less the better. Less than 3g per 100g is best.

Sugar: Avoid added sugars (check the ingredients list). Even with natural sugar, less than 10g per 100g is best (less than 5g if you get dumping).

Fibre: Aim for more than 3g per serve

Sodium (Salt): Less than 400mg per 100g is good. Less than 120mg per 100g is best.