

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Label reading

What is a food label?

- A food label tells you about the ingredients and nutrition in a packaged food
- You usually find it on the pack of the package

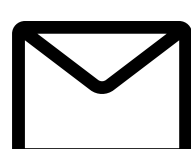
A 'serve' is how much the people who make the food say you should eat at once

This is the ingredients list

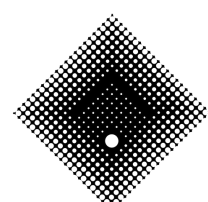
| Nutrition Information | | |
|---|-----------|----------|
| Servings per package: 16 Serving Size: 30g (2-3 cup) | | |
| | Per serve | Per 100g |
| Energy | 430kJ | 1140kJ |
| Protein | 3g | 9.5g |
| Fat | | |
| Total | 0.5g | 1.3g |
| Saturated | 0.1 | 0.3g |
| Carbohydrates | | |
| Total | 19.1g | 63g |
| Sugars | 4.5g | 12g |
| Fibre | 6.5g | 21.5g |
| Sodium | 65mg | 215mg |
| Ingredients: Cereals (80%) (wheat, oat, barley), sugar, rice, malt extract, honey, salt, vitamins, preservative | | |

This column tells you how much of each nutrient is in a serve

This column helps you compare two foods



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