

Healthy Eating = Healthy Living

(<http://www.diabetes.org.nz/food/>)

Label Reading

Along with a list of ingredients you will find a Nutrition Information Panel and possibly some nutrition claims.

Energy - Energy is another word for calorie (Kcal) or kilojoule (KJ) Every extra Kcal/KJ eaten will be stored as fat if not needed by the body. A product low in fat or sugar may still be high in energy. Always check the label.

Fat - Watch the total fat content – fat can contribute a lot of extra energy Too much saturated fat can raise blood cholesterol levels and increase the risk of heart disease

Carbohydrate - This is broken down to glucose (sugar) and must be balanced with exercise and/or medication in people with diabetes. It is important to eat some carbohydrate but not too much at each meal.

Sugars - Sugars are part of the total carbohydrate in a food. A small amount is acceptable. Check out the other names for sugar.

Fibre - Having a high fibre diet is good for many aspects of health.

Salt or sodium - Choose foods with lower salt/sodium content, especially if you have high blood pressure.

Golden Munchies Your favourite breakfast cereal		
Nutrition Information		
Servings per package: 15 Serving size: 30g		
	Per serve	Per 100g
Energy	500KJ 119kcal	1670KJ 379kcal
Protein	2.2g	7.4g
Fat	0.6g	1.8g
- Saturated	0.3g	0.9g
Carbohydrate	26g	87g
- Sugars	4.2g	14g
Dietary Fibre	2.1g	7g
Sodium	117mg	390mg
Iron	3mg	10mg
Folate	50g	167g
Ingredients	Wheatmeal, Rice Flour, Maize Flour, Sugar, Sultanas, Skim Milk Powder, Salt, Sodium Bicarbonate, Iron, Folate, Turmeric	

Ingredients

Ingredients are listed in order of quantity, starting with the largest amount first.

How can we use this information?

Comparing products

Use the per 100 gram column to compare different products.

How much do you eat?

The serving size on the packet may be different to your size – check it out!

Compare these products yourself

Wheat Crackers			Sweet Biscuits		
Nutrition Information			Nutrition Information		
Serving Size: 3 crackers Servings per package: 10			Serving Size: 2 biscuits Servings per package: 8		
	Per serve	Per 100g		Per serve	Per 100g
Energy	333kJ 95kcal	1533kJ 438kcal	Energy	720kJ	1798kJ
Fat	3.5g	16.0g	Fat	4.6g	13g
- saturated	0.2g	1.0g	- saturated	2.6g	7.5g
Carbohydrate	8.8g	40.7g	Carbohydrate	23.1g	67.9g
- sugars	1.1g	5.1g	- sugars	12.6g	36.1g
Protein	3.0g	13.7g	Protein	2.4g	8.8g
Dietary Fibre	2.2g	10.3g	Dietary Fibre	0.6g	1.7g
Sodium	53mg	240mg	Sodium	105mg	300mg
Ingredients	Wheat flour, vegetable oil, salt, poppy seeds, sugar, garlic, pepper		Ingredients	Flour, sugar, butter, coconut, flavour	

- How many biscuits is a serving of sweet biscuits?
 How many servings are in the packet of sweet biscuits?
 How many crackers make up one serve of wheat crackers?
 How much fat is in one serve of sweet biscuits?
 How much fat is in one serve of wheat crackers?
 If you ate 6 crackers, how many serves is that?
 If you were to eat 6 crackers, how many grams of fat would that be?
 Per 100g, which product has the most sugar?
 Per 100g, which product has the most fat?
 If you were having 1 serve of each product, which would have the most sugar?
 Which would have the most energy?
 What is the main ingredient in the Wheat crackers?

Answers

- How many biscuits is a serving of sweet biscuits?
2
- How many servings are in the packet of sweet biscuits?
8
- How many crackers make up one serve of wheat crackers?
3
- How much fat is in one serve of sweet biscuits?
4.6g
- How much fat is in one serve of wheat crackers?
3.5g
- If you ate 6 crackers, how many serves is that?
2
- If you were to eat 6 crackers, how many grams of fat would that be?
7g
- Per 100g, which product has the most sugar?
Sweet biscuits
- Per 100g, which product has the most fat?
Wheat biscuits
- If you were having 1 serve of each product, which would have the most sugar?
Sweet biscuits
- Which would have the most energy?
Sweet biscuits
- What is the main ingredient in the Wheat crackers?
Wheat Flour

Nutritional Claims

Packaging often contains claims that can be misleading. It is important to know what each actually means, or doesn't mean.

Sugar, fat and salt are often listed in the ingredients as other names



No Added Sugar

May still contain a lot of natural sugar – check the carbohydrate content on the label.



Lite or Light

May mean less energy, fat or sugar - It could even refer to the colour of the food- check the label



Low Fat or Fat Reduced

Good choice, worth looking out for. Lower in fat and energy than the original product.



Cholesterol Free

May still have a high fat and energy content – check the nutrition information.



Pick the tick

These foods have met the National Heart Foundations criteria for lower fat or preferred fat choices, but may still be high in sugar and energy (calories) – check the nutrition information panel.



'Diet' or Low Joule or Low Calorie

Good choice - low in energy. These foods are likely to include artificial sweeteners.

Compare these products yourself

<p>Pure orange juice - no added sugar</p> <table border="1"> <tr> <th colspan="3">Nutrition Information</th> </tr> <tr> <td colspan="3">Serving Size: 250ml</td> </tr> <tr> <td colspan="3">Servings per package: 4</td> </tr> <tr> <th></th> <th>Per serve</th> <th>Per 100ml</th> </tr> <tr> <td>Energy</td> <td>455kj 82kcal</td> <td>182kj 43kcal</td> </tr> <tr> <td>Fat</td> <td><1g</td> <td><1g</td> </tr> <tr> <td>- saturated</td> <td>0g</td> <td>0g</td> </tr> <tr> <td>Carbohydrate</td> <td>26.8g</td> <td>10.7g</td> </tr> <tr> <td>- sugars</td> <td>26.8g</td> <td>10.7g</td> </tr> <tr> <td>Protein</td> <td><1g</td> <td><1g</td> </tr> <tr> <td>Dietary Fibre</td> <td><1g</td> <td><1g</td> </tr> <tr> <td>Sodium</td> <td>8mg</td> <td>3.2mg</td> </tr> <tr> <td>Vitamin C</td> <td>87mg</td> <td>35mg</td> </tr> <tr> <td>Ingredients</td> <td colspan="2">Reconstituted orange juice, flavour, vitaminC</td> </tr> </table>			Nutrition Information			Serving Size: 250ml			Servings per package: 4				Per serve	Per 100ml	Energy	455kj 82kcal	182kj 43kcal	Fat	<1g	<1g	- saturated	0g	0g	Carbohydrate	26.8g	10.7g	- sugars	26.8g	10.7g	Protein	<1g	<1g	Dietary Fibre	<1g	<1g	Sodium	8mg	3.2mg	Vitamin C	87mg	35mg	Ingredients	Reconstituted orange juice, flavour, vitaminC		<p>Fizzy</p> <table border="1"> <tr> <th colspan="3">Nutrition Information</th> </tr> <tr> <td colspan="3">Serving Size: 250ml</td> </tr> <tr> <td colspan="3">Servings per package: 2</td> </tr> <tr> <th></th> <th>Per serve</th> <th>Per 100ml</th> </tr> <tr> <td>Energy</td> <td>450kj 107kcal</td> <td>180kj 43kcal</td> </tr> <tr> <td>Fat</td> <td>0g</td> <td>0g</td> </tr> <tr> <td>- saturated</td> <td>0g</td> <td>0g</td> </tr> <tr> <td>Carbohydrate</td> <td>26.5g</td> <td>10.6g</td> </tr> <tr> <td>- sugars</td> <td>26.5g</td> <td>10.6g</td> </tr> <tr> <td>Protein</td> <td>0g</td> <td>0g</td> </tr> <tr> <td>Dietary Fibre</td> <td>0g</td> <td>0g</td> </tr> <tr> <td>Sodium</td> <td>25mg</td> <td>10mg</td> </tr> <tr> <td>Ingredients</td> <td colspan="2">Carbonated water, sugar, flavour, colour (150a)</td> </tr> </table>			Nutrition Information			Serving Size: 250ml			Servings per package: 2				Per serve	Per 100ml	Energy	450kj 107kcal	180kj 43kcal	Fat	0g	0g	- saturated	0g	0g	Carbohydrate	26.5g	10.6g	- sugars	26.5g	10.6g	Protein	0g	0g	Dietary Fibre	0g	0g	Sodium	25mg	10mg	Ingredients	Carbonated water, sugar, flavour, colour (150a)	
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How many servings in the package of fruit juice?

How many servings in the package of fizzy drink?

In 100mls, how much sugar is in the:

Pure Orange Juice?

Fizzy Drink?

Diet fizzy drink?

Does 'no added sugar' mean that there will be no sugar in the product?

Answers

How many servings in the package of fruit juice?

4

How many servings in the package of fizzy drink?

4

In 100mls, how much sugar is in the:

Pure Orange Juice? - 10.7 grams

Fizzy Drink - 10.6 grams

Diet fizzy drink? - 0 grams

Does 'no added sugar' mean that there will be no sugar in the product?

No, it may occur naturally (eg from fruit)

Compare these products yourself

Standard Hokey Pokey Icecream			Low Fat Icecream		
Nutrition Information			Nutrition Information		
Serving Size: 100g			Serving Size: 100g		
Servings per package: 10			Servings per package: 10		
	Per serve	Per 100g		Per serve	Per 100g
Energy	827kJ 197kcal		Energy	848kJ 202kcal	
Fat	9.3		Fat	3.0	
- saturated	5.3		- saturated	1.4	
Carbohydrate	25.0		Carbohydrate	38.0	
- sugars	25.0		- sugars	27.0	
Protein	2.9		Protein	5.2	
Sodium	8		Sodium	75	
Ingredients	sugar, milk fat, milk solids non-fat, glucose, emulsifier (471), vegetable gums (407), flavour, colour (110); Confectionery 5%: sugar, glucose, milk fat, gelatin, flavour.		Ingredients	milk solids non-fat, sugar, glucose, milk fat (2.7%), emulsifier (471), stabiliser (460), flavour, colour (160(b))	

How much fat is in a serve of the standard ice cream?

How much is in the 'low fat' product?

Which product has more carbohydrate?

Which product has more energy?

Answers

How much fat is in a serve of the standard ice cream?

9.3grams

How much is in the 'low fat' product?

3grams

Which product has more carbohydrate?

The 'low fat' product

Which product has more energy?

The 'low fat' product

The Healthy Shopping Pyramid

Click on a food below to find out more.



The Ideal Plate

Eating the right quantities of different foods is equally important.

The portions on your plate should be based on this ideal plate.

Click on images below to find out more about the main food groups.

Does your main meal look like this?



