



# Decoding a Food Label

We all know we should read the back of food labels before we consume a product, but how many of us actually know when a food item is **really** considered “low fat” or “high in fibre” (or do we just believe the label when it says so?)

I’ve put together the following summary on the most popular food group ingredients to help you figure out if it is the right choice for you.

*\*The **red** coloured ingredients mean you want to **limit** your intake of these items. **Green** means you want to **increase** your intake of these ingredients. Carbohydrates & Energy are dependant on your dietary requirements.*

Ingredient	“A little” per 100g	“A lot” per 100g
Total Fat	3g	20g
Saturated Fat	1g	5g
Sugars	2g	10g
Sodium (Na)	0.1g (100mg)	0.5g (500mg)
Proteins	3g	10g
Fibres	0.5g	3g
Carbohydrates	5g	13g
Energy	170kj (solids)	250kj (solids)