

fresh

START



FOOD LABELS WORKSHOP

Ingredients List

AIM

- Short ingredient list
- Recognisable ingredients
- Sugar *(or alternatives names for sugar)* are lower down the ingredient list
- Minimal numbers (e.g. e621, 102)
- Keep an eye out for these ingredients = lots of processing
 - glucose syrup
 - invert syrup
 - high fructose corn syrup
 - palm oil
 - soy lecithin

Ingredients List

Muesli Bars:

Cereals (Oats, Cornflakes (Corn, Sugar, Barley Malt Extract, Emulsifier (471), Vitamins & Minerals (Niacin, Thiamine, Riboflavin, Folic Acid)), Rice Pops), Glucose Syrup¹, Choc Chippie Biscuit Crumb (17%) (Wheat Flour, Sugar, Vegetable Fat, Glucose Syrup, Invert Syrup, Salt, Raising Agents (Baking Powder), Emulsifier (Soy Lecithin), Colour (160b), Natural Flavour), Choc Icing (15%) (Sugar, Vegetable Fat, Milk Solids, Cocoa Powder, Emulsifiers (Soy Lecithin, 492), Natural Flavour), Choc Chips (7.5%) (Sugar, Vegetable Fat, Cocoa Powder, Emulsifier (Soy Lecithin), Natural Flavour), Sunflower Oil, Invert Syrup, Brown Sugar, Honey, Caramelised Sugar Syrup, Salt, Emulsifier (Soy Lecithin), Peanuts², Tree Nuts²)

Dates (63%), Roasted Cashews (23%), Cocoa Powder (10%), Coconut (5%), Natural Coconut Flavour

Cereals:

Cereals (67.0000%) (Wholegrains (57.0000%) (Wheat, Oats), Corn, Wheat Bran), Dried Fruits (10.0000%) (Sultanas, Sweetened Cranberries (4.0000%) (Sugar, Cranberries (1.0000%), Humectant (Glycerol), Acid (Citric)), Freeze Dried Strawberry (0.5000%), Sugar, Fruit Concentrates (Apple, Berry (0.5000%) (Blackcurrant, Strawberry, Blueberry)), Invert Sugar, Corn Maltodextrin, Humectant (Glycerol), Minerals (Calcium, Iron), Glucose Syrup, Salt, Barley Malt Extract, Honey, Wheat Fibre, Flavours, Acid (Citric), Gelling Agent (Pectin), Wheat Dextrose, Colour (Sweet Potato Extract), Vitamins (Niacin, Thiamin, Riboflavin, Folate)

Gluten Free Grains (74%) (Rice Flour, Maize Flour (Corn), Whole Grain Sorghum Flour, Puffed Sorghum (3.5%), Puffed Quinoa (3.5%), Puffed Millet (1.5%)), Sunflower Kernels (12%), Rice Bran, Psyllium Husk, Cane Sugar, Vegetable Oils, Salt, Emulsifier (Sunflower Lecithin), Rosemary Extract

Nutrition Panel

SERVINGS PER PACK
Use per 100g to compare like foods e.g. muesli, yoghurt

SERVING SIZE
tells you how big the suggested serving size is

QUANTITY PER SERVING
Is nutrition information for the suggested serving size (150g)

NUTRITION INFORMATION		
Servings per package: 3		
Serving size: 150g		
	Quantity per serving	Quantity per 100 g
Energy	608 kJ	405 kJ
Protein	4.2 g	2.8 g
Fat, total	7.4 g	4.9 g
— saturated	4.5 g	3.0 g
Carbohydrate, total	18.6 g	12.4 g
— sugars	18.6 g	12.4 g
Sodium	90 mg	60 mg
Ingredients: Whole milk, concentrated skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (2%), pineapple (2%), gelatine, culture, thickener (1442)		
All quantities above are averages		

QUANTITY PER 100g
Use per 100g to compare like foods e.g. muesli, yoghurt

ENERGY
These are mandatory to be in kJ – some foods will also display calories

NUTRIENTS
It's mandatory for all retail foods to provide the nutrition information for these 7 nutrients - these will always be an average

Nutrition Panel – the three S's

NUTRITION INFORMATION		
Servings per package: 3		
Serving size: 150g		
	Quantity per serving	Quantity per 100 g
Energy	608 kJ	405 kJ
Protein	4.2 g	2.8 g
Fat, total	7.4 g	4.9 g
— saturated	4.5 g	3.0 g
Carbohydrate, total	18.6 g	12.4 g
— sugars	18.6 g	12.4 g
Sodium	90 mg	60 mg
Ingredients: Whole milk, concentrated skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (2%), pineapple (2%), gelatine, culture, thickener (1442)		
All quantities above are averages		

THE THREE S's

LESS IS BEST when it comes to these 3 nutrients

SATURATED FAT

Low saturated fat is <1.5g per 100g

High saturated fat is <5g per 100g

SUGAR

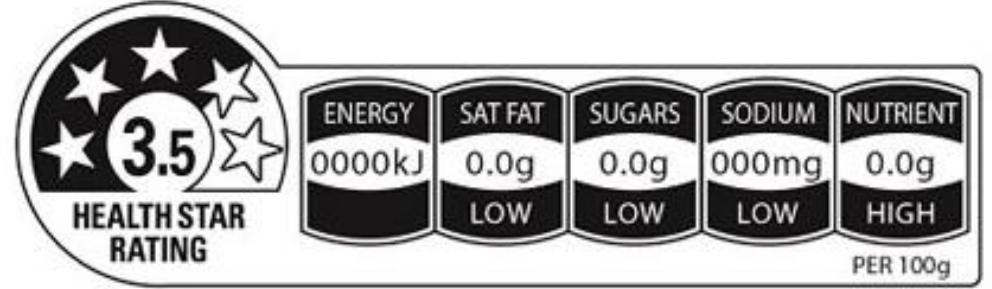
Aim to have this <10g per 100g (so the product is <10% sugar)

SODIUM

Low sodium foods have <120mg per 100g

Moderate sodium foods have 120-600mg per 100g

Health Star Rating



Packaged foods ONLY

ADD STARS FOR:

- ✓ fibre
- ✓ protein
- ✓ fruits & vegetables
- ✓ nuts & seeds
- ✓ legumes

SUBTRACT STARS FOR:

- ✓ saturated fat
- ✓ sugar
- ✓ sodium
- (the three S's!)**
- ✓ energy (kilojoules/ calories)