

How do I know if it's a healthy food or drink?

Look for the 'Nutrition Panel'

It will always have a 'per serve' column and a 'per 100g/ml' column.

All the nutrients in the 'per 100' column can be read as a percentage. This makes it easy to compare the nutrients found in different brands which may have different sized packets. For example, if Brand A contains 12g per 100g of fat (12 per cent fat), and Brand B contains 5g per 100g of fat (5 per cent fat) and you want a food that is lower in fat, you would choose Brand B. Simple!

NUTRITION INFORMATION		
Servings per package:	4.00	
Serving size:	140.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1550 kJ	1110 kJ
Protein	5.9 g	4.2 g
Fat, total	23.1 g	16.5 g
- saturated	5.9 g	4.2 g
Carbohydrate	33.8 g	24.2 g
- sugars	22.8 g	16.3 g
Sodium	64 mg	46 mg

Look for:

1. Less than 600kJ per snack
2. Less than 1.5g saturated fat per 100g
3. Less than 1g per 100g of trans fats
4. Less than 120mg per 100g sodium
5. More than 3g per serve of fibre

Secret ingredients

Another helpful feature on packaging is the ingredients list. The ingredients at the top of the list are present in the greatest amount, while the last ingredient is present in the smallest amount.

Look at the first 3 ingredients - IF IT'S SUGAR, FAT OR SALT - DON'T BUY IT!!!



Other Names For Sugar, Fat And Salt

Be careful when looking for fat, sugar and salt in the ingredients list as these can be 'hidden' under different names or 'secret ingredients'.

Sugar - might be listed as:

honey, sucrose, maltose, lactose, fructose, dextrose, glucose, malt, glucose syrup, corn syrup, monosaccharides, xylitol, polysaccharides, manitol, sorbitol, 'carbohydrates modified', molasses, disaccharides

Fat - might be listed as:

Saturated - beef fat, butter fat, shortening, coconut, coconut oil, copha, cream, dripping, lard, mayonnaise, sour cream and palm oil

Monounsaturated - Canola, olive oils, peanut oil, avocado, nuts

Polyunsaturated - Seeds, sesame, sunflower, safflower, corn, soya bean, grape seed oils, margarines and fish oils

Salt (Sodium) - might be listed as:

monosodium glutamate, 621, 635, meat extract, yeast extract, hydrolysed vegetable protein, meat protein, stock, vegetable salt, baking soda, baking powder

How can I know what's in fast food and drinks?

Every fast food outlet in Australia must give out the ingredients and nutritional information for all their food and drinks.

Just Google it - for example: MacDonaldis Nutrition, then look up Happy Meals

Also KFC, Pizzahut, Hungry Jacks, Subway, KrispyKreme, etc - then look up your child's favourite food and drinks.