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Nutrition labelling – choosing healthy foods

[a simple guide to using the nutrition information panel]



NSW Food Authority

safer food, clearer choices

Use the nutrition information panel (NIP) to compare the amount of nutrients (per 100g) in products as well as the serving size.

To compare two similar products, check if they have the same serving sizes first. If not, then compare the nutrient content (e.g. grams of fat) using the **Quantity per 100g** column.

NUTRITION INFORMATION		
SERVINGS PER PACKAGE: 3 SERVING SIZE: 150g		
	QUANTITY PER SERVING	QUANTITY PER 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, Total	7.4g	4.9g
- Saturated	4.5g	3.0g
Carbohydrate	18.6g	12.4g
- Sugars	18.6g	12.4g
Sodium	90mg	60mg

Always check the Quantity per 100g column and try to pick foods in the green column.

Check the quantity per 100g of	This is a LITTLE	This is A LOT
Fat	3g per 100g (or less)	20g per 100g (or more)
Saturated Fat	1g per 100g (or less)	5g per 100g (or more)
Sugar	2g per 100g (or less)	10g per 100g (or more)
Salt (Sodium)	120mg per 100g (or less)	500mg per 100g (or more)

Source: EatWell, Your guide to healthy eating, Food Standards Agency, UK, 2005

Using the Quantity per 100g column on the NIP means you're comparing like for like. Don't forget to check how much you're eating too and look at the total number of serves per pack.