

Nutrition

Name: _____

Food labeling:

If you know how to read food labels it makes choosing good food a lot easier, and it's about to get even easier. Since December 2002, all food labels have to display a nutrition information panel. In the past, a nutrition panel was only required if a health claim was printed on the package such as low fat, high fiber, cholesterol free etc.

Useful hints when reading the nutrition panel:

Use these basic guidelines when shopping to help choose foods that you eat most of the time. As you can see, this example of a breakfast cereal is low in fat, sugar and sodium and a good source of fiber.

Example: Breakfast Cereal

Nutrition Information		
Servings per pack: 2		
Serving size: 30g		
	Per Serve	Per 100g
Energy	420kJ	1400kJ
Protein	3g	10g
Fat total	0.6g	2g
saturated	0g	0g
Carbohydrate total	24g	80g
sugars	3g	10g
Sodium	75mg	250mg
Fibre	3g	11g

Remember the serving size is the average serving of the product. It may not be your serving size.

The 100g column is useful to compare two similar products.

Look for products with less than 10g fat/100g & low levels of saturated fat. If fat is more than 10g/100g, only choose foods that contain other nutrients. For eg dairy products, peanut butter or avocado.

Total carbohydrate is simple sugars (natural & added) and starch combined.

Choose foods with less than 200mg sodium/100g.

Choose foods with at least 4g fibre/100g.

Sugars tells you how much of the total carbohydrate is sugar. Choose foods with less than 15g sugar/100g, look at the ingredients list to see the source of the sugar. Products with a high sugar content but where the sugar is from fruit are better choices. This is because the fruit provides other nutrients like fibre, vitamins and minerals.

Pick two food labels and compare their content:

Name of product #1:

Name of product #2:

Which product has more sodium and by how much? _____

Which product has more carbohydrates and by how much? _____

Which product has the most saturated fat? _____

Which product has the least amount of sugar? _____

Which product has the most servings per packet? _____

Which product has the largest serving size? _____

Which product do you think is more healthy and why? _____



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Table 1: Sample serves from the Australian Guide to Healthy Eating suggested for children and adolescents.

Children and adolescents	Bread, cereals, rice, pasta, noodles	Vegetables, legumes	Fruit	Milk, yoghurt, cheese	Meat, fish, poultry, eggs, nuts, legumes	Extra foods
Children 4-7 years	5-7	2	1	2	1/2	1-2
	3-4	4	2	3	1/2-1	1-2
Children 8-11 years	6-9	3	1	2	1	1-2
	4-6	4-5	1-2	3	1-1 1/2	1-2
Adolescents 12-18 years	5-11	4	3	3	1	1-3
	4-7	5-9	3-4	3-5	1-2	1-3

Research serving size:

Follow this link and find the suggested serving size from the Australian Guide to Healthy Eating
<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-food-guide-index.htm>

What is 1 serve is sliced bread? _____

What is 1 serve of breakfast cereal? _____

What is 1 serve of potato? _____

What is 1 serve of spinach? _____

What is 1 serve of tomatoes? _____

What is 1 serve of oranges? _____

What is 1 serve of Kiwi fruit? _____

What is 1 serve of dried apricots? _____

What is 1 serve of milk? _____

What is 1 serve of chicken? _____

What is 1 serve of eggs? _____

Analysis of food intake by comparison with the Australian Guide to Healthy Eating.

1. Record your food intake by comparison with AGHE. You need to fill in the table, a great way to remember what you've eaten is to take a photo of everything you eat for three days.
2. At the end of the 3 days count up the number of serves of each of the five food groups, as well as extras and water, and divide by number of days to get a daily average.
3. Compare your intake to the recommendations made by the AGHE.

Day	Breakfast	Lunch	Dinner	Snacks
1				
2				
3				

Analysis of food intake by comparison with the Australian Guide to Healthy Eating.

Food Group	Breads and cereals	Fruit	Milk, yoghurt and cheese	Meat, fish, poultry, eggs.	Extra foods	Water	Vegetables
Total number of serves for the three days.							
Divide by three for the daily average.							
Recommended number of serves by the AGHE							
Number of servers you are under or over.							