Name:

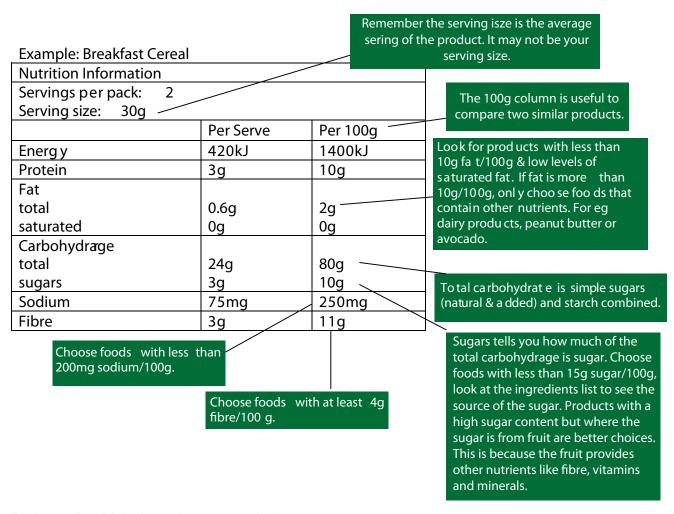


Food labeling:

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.



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?	



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	1-11/2	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

mtp.//www.neatti.gov.au/internermain/publishing.hsi/oonten/heatti-publitir-strateg-100u-guide-index.html
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				

Name:	·



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.							