



Chantelle Bell
Naturopath
Creating healthy families

Nutrition Information

Manufacturer's serving size – compare with what your serving size will be

Always use per 100g when comparing figures

	Average Quantity per Serving	% Daily Intake† (per Serving)	Average Quantity per 100g
Energy	728 kJ 174 Cal	8%	364 kJ 87 Cal
Protein	10.0 g	20%	5.0 g
Fat, Total*	2.0 g	3%	1.0 g
- Saturated	1.4 g	6%	0.7 g
Carbohydrate	28.6 g	9%	14.3 g
- Sugars	25.8 g	29%	12.9 g
Sodium	166 mg	7%	83 mg
Calcium	272 mg (34% RDI*)		136 mg
Probiotics [‡]	1 billion cfu†		500 million cfu†

*Recommended Dietary Intake. †B. lactis, L. acidophilus. ‡Colony Forming Units (min). †Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

Fat content - choose foods with less than 10g per 100g

Sugar content – choose foods with less than 10g per 100g

Salt content – choose foods with less than 150mg per 100g

The ingredients are in descending order of weight – if one of the top three ingredients are sugar, salt or fat – put it back on the shelf!

INGREDIENTS: Skim Milk, Concentrated Skim Milk, Sugar, Fruit (7.8%) (Strawberry, Strawberry Puree), Cream (From Milk), Milk Solids, Gelatine, Acidity Regulators (331, 330, 296), Thickener (1442 (From Tapioca)), Flavours, Live Cultures (S. thermophilus, L. acidophilus, B. lactis), Natural Colour (120).
Contains Milk and Milk Products.

Preservative numbers

200 - 297

Colouring numbers

100 - 172

Flavour enhancers numbers

600 - 699

Ingredient decoder

Sugar – anything that ends in 'ose', malt, honey, sorbitol, mannitol, fruit juice concentrate, golden syrup, agave, brown rice syrup, maple syrup.

Fat = oil, milk solids, lard, dripping, shortening, vegetable shortening

Salt = baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt

What do the statements on labels really mean?

“Reduced Fat” = the food’s fat content must be at least 25% less than the regular product to which it is compared and should have less than 3 gm of fat per 100 gm

“No added sugar” = the food has sugar added but may contain natural sugar

“Low sugar” = the food must contain less than 5 gm of sugar per 100 gm

“Cholesterol Free” = the food must contain less than 3mg cholesterol per 100 gm, these foods may still be high in fat and/or calories

“High fibre” = the food must contain more than 3 gm of fibre per 100 gm

“Low salt” = the food must contain less than 120mg sodium per 100 gm

“Light/Lite” = this can refer to colour, flavour, texture or even fat, salt or sugar

“Sugar free” = real sugar is replaced with artificial sugars

“Diet” = filled with artificial sugars

Things to consider when choosing food

- Often low fat foods are high in sugar to make them taste good
- When shopping choose foods that show the GI symbol and make low GI selections
- Choose foods that have the least amount of genetically modified ingredients, possible GM foods are– Canola oil, imported corn/maize, cotton seed, hydrolysed vegetable protein, lecithin(E322), maltodextrin, margarine, pawpaw, soybeans, thickener, vegetable oil
- Organic certification should be certified by either NASSA, BFA, OFC, OHGA, Demeter, TOP, BDRI
- Choose foods containing ingredients that are high in fibre eg wholewheat, wholegrain, bran, rolled oats, wheatgerm, dried nuts, seeds, dried peas, beans, lentils
- Be aware that the claim that a food is a good source of a vitamin or mineral. It means that the food has at least 25% of the RDI for that mineral or vitamin. Some times these do not occur naturally but are added during processing, not always in a form that can be absorbed and utilised by the body.