

VU CHEW Program

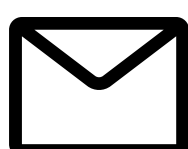
(Cooking, Healthy Eating, and Wellness)

Label reading

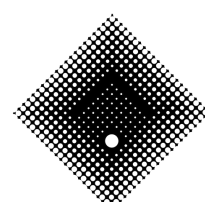
Reading the ingredient list

- The ingredients go from most to least
- The first ingredient is the most in that food
- The last ingredient is the least
- Allergens are always listed in bold
- Check the first three ingredients to see if the food is high in sodium (salt), saturated fat, or sugar

Nutrition Information		
Servings per package: 16 Serving Size: 30g (2-3 cup)		
	Per serve	Per 100g
Energy	430kJ	1140kJ
Protein	3g	9.5g
Fat		
Total	0.5g	1.3g
Saturated	0.1	0.3g
Carbohydrates		
Total	19.1g	63g
Sugars	4.5g	12g
Fibre	6.5g	21.5g
Sodium	65mg	215mg
Ingredients: Cereals (80%) (wheat, oat, barley), sugar, rice, malt extract, honey, salt, vitamins, preservative		



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