

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Label reading

How to compare foods

Look at the 'per 100g' column to compare foods

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		

FAT →
Less than 3g

FIBRE →
More than 3g
per serve

SUGAR
Less than 5g

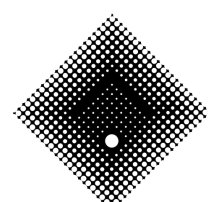


←
SODIUM (SALT)
Less than 125g

Find more information here: <https://livelighter.com.au/eating-well/shop-smart/understanding-food-labels>



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WESTERN VICTORIA
An Australian Government Initiative

Supporting People with an Intellectual Disability to Access Health (SPIDAH)

