

# VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

## Label reading

### What is a food label?

- A food label tells you about the ingredients and nutrition in a packaged food
- You usually find it on the pack of the package

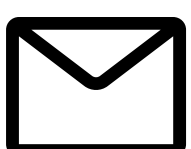
A 'serve' is how much the people who make the food say you should eat at once

This is the ingredients list

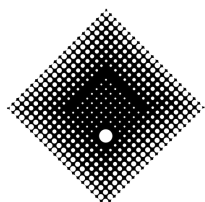
<b>Nutrition Information</b>		
Servings per package: 16		
Serving Size: 30g (2-3 cup)		
	Per serve	Per 100g
<b>Energy</b>	430kJ	1140kJ
<b>Protein</b>	3g	9.5g
<b>Fat</b>		
Total	0.5g	1.3g
Saturated	0.1	0.3g
<b>Carbohydrates</b>		
Total	19.1g	63g
Sugars	4.5g	12g
<b>Fibre</b>	6.5g	21.5g
<b>Sodium</b>	65mg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

This column tells you how much of each nutrient is in a serve

This column helps you compare two foods



contact Monica for more information [monica.wellington@vu.edu.au](mailto:monica.wellington@vu.edu.au)



**VICTORIA UNIVERSITY**

**phn**  
WESTERN VICTORIA  
An Australian Government Initiative

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

