

Label Lingo Breakfast Cereals

NUTRITION INFORMATION PANEL

Wheat Biscuits

Serving Size: 30g (2 biscuits)	Per Serve	Per 100g
Serving per pack: 24		
Energy (kJ)	444	1480
Protein (g)	3.6	12.0
Fat – total (g)	0.4	1.4
Saturated Fat (g)	0.1	0.3
Carbohydrate – total (g)	20.1	67
Sugars (g)	0.8	2.8
Dietary Fibre (g)	3.0	10.1
Sodium (mg)	81	270



IS THIS BREAKFAST CEREAL AN EVERYDAY CHOICE?

Look at the 100g column, if...

↓ Total **fat** is less than **10g**

↓ **Sugar** is less than **15g**
(or less than 20g if cereal contains dried fruit)

↑ **Fibre** is more than **8g**

↓ **Sodium** is less than **450mg**

Then it is an everyday choice!

Have your cereal/porridge with reduced or low-fat milk or yoghurt; and add fresh or canned fruit



Other tips

- Only compare between products within the same food category (e.g. cereals with cereals) by looking at the per 100g column. Choose products with the lowest **sugar, fat and sodium** (salt); and highest **fibre and protein**.
- Reach for the Stars!** Choose products with the highest Health Star Rating
- Claims on food packaging can be misleading** (e.g. products with 'lite' or 'natural' can STILL have lots of sugar). The Nutrition Information Panel and the ingredients list has accurate information about what's in the food product.
- Ingredients on food packaging are listed in order of weight.
- For healthy breakfast ideas visit: <http://myfamily.kiwi/foods/breakfast> and http://www.cph.co.nz/resource_list.php?mc=122



ENERGY	SAT FAT	SUGARS	SODIUM	IRON
1480KJ	0.3g	2.8g	270mg	10mg
	LOW	LOW		HIGH

PER 100g

4g OF SUGAR



= 1 TEASPOON

Community & Public Health

a division of
Canterbury District Health Board



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For more information
visit cph.co.nz

