

Nutrition Information

Servings per package – 16
Serving size – 30g (2/3 cup)

	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g

Carbohydrate

Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g

Sodium 65mg 215mg

Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (1%), sugar, rice, malt extract, honey, salt, vitamins.

Ingredients ▲

Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.

Total Fat ▶

Generally choose foods with less than 10g per 100g.

For milk, yogurt and icecream, choose less than 2g per 100g.

For cheese, choose less than 15g per 100g.

Saturated Fat ▶

Aim for the lowest, per 100g.
Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal tallow, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre ▶

Not all labels include fibre.
Choose breads and cereals with 3g or more per serve

◀ 100g Column and Serving Size

If comparing nutrients in similar food products use the per 100g column. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy

Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars

Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

Other names for added sugar: Cane sugar, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

◀ Sodium (Salt)

Choose lower sodium options among similar foods. Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.

Other names for high salt ingredients: 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.

Food Labelling Guide

Thomas Griffiths



Food Labelling Guide:

Whispering the Secrets of Language: An Emotional Journey through **Food Labelling Guide**

In a digitally-driven earth wherever screens reign supreme and instant connection drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within phrases often move unheard. Yet, set within the pages of **Food Labelling Guide** a fascinating fictional prize pulsating with raw feelings, lies an exceptional journey waiting to be undertaken. Penned by an experienced wordsmith, that marvelous opus encourages readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within ab muscles material of each word. Within the emotional depths with this poignant review, we shall embark upon a genuine exploration of the book is primary styles, dissect its charming writing style, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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Table of Contents Food Labelling Guide

1. Understanding the eBook Food Labelling Guide
 - The Rise of Digital Reading Food Labelling Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Food Labelling Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Food Labelling Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Food Labelling Guide
 - Personalized Recommendations
 - Food Labelling Guide User Reviews and Ratings

- Food Labelling Guide and Bestseller Lists
- 5. Accessing Food Labelling Guide Free and Paid eBooks
 - Food Labelling Guide Public Domain eBooks
 - Food Labelling Guide eBook Subscription Services
 - Food Labelling Guide Budget-Friendly Options
- 6. Navigating Food Labelling Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Food Labelling Guide Compatibility with Devices
 - Food Labelling Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Food Labelling Guide
 - Highlighting and Note-Taking Food Labelling Guide
 - Interactive Elements Food Labelling Guide
- 8. Staying Engaged with Food Labelling Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Food Labelling Guide
- 9. Balancing eBooks and Physical Books Food Labelling Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Food Labelling Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Food Labelling Guide
 - Setting Reading Goals Food Labelling Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Food Labelling Guide
 - Fact-Checking eBook Content of Food Labelling Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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