

 **How to read food labels while shopping.**

With all the choice surrounding us, making good food decisions when shopping can be challenging.

**Looking at food labels**

**On a food package, you will find two items worth taking notice of:**

**1.The food ingredients list**

**» The first ingredients listed are the ones the product contains the most of.**

**» Avoid food with added sugar listed.**

**» Often, the longer and more complicated the ingredients list is, the more processed it is » Opt for foods that are closer to their natural form (called ‘wholefoods’).**



**2.The nutrition information panel**

**» This table displays the nutritional information/**

**declaration per 100g and often per portion**

**» It tells us the energy contained within the**

**food in calories (kcals)**

**» The nutrient breakdown includes fat,**

**carbohydrate, sugars, protein and salt/sodium**

**» Often, you’ll also see fibre here and sometimes**

**other nutrients.**

**» When comparing two or more foods, focus on**

**the ‘per 100g’, as the ‘per portion size’ amount differs between foods**

**It often also shows how much each food/product fulfills our ‘Guideline Daily Amount’ (GDA) or ‘Reference Intake’ (RI), based on a 2000 kcal diet:**



**Choose wholegrain whenever possible.**

**» Aim for wholegrain options with your bread,rice, pasta and crispbread/crackers**

**Watch out for:-**

**» Added sugar and high dried fruit content in breakfast cereals – consider alternatives.**

**» Choose fresh fruit over dried fruit.**

**» Added sugar in dressings – use simpler ones,like balsamic vinegar and olive oil**

**» ‘Low fat’ claims on products, as these often contain a lot of sugar instead.**

**Simple tricks for a successful shop**

**1.**

**Avoid shopping when hungry**

**2.**

**Make a list before you go**

**3.**

**Ignore marketing claims**

**4.**

**Read the food labels**