

# What has to be on a FOOD LABEL?

All food labels must have certain information on them. Here's what to look for:

There are no rules about how big servings can be; the manufacturer decides what a serving size is, so always check that it makes sense for you. Some are more relevant than others

The NIP must have a table listing energy and these nutrients per serve and per 100g (or 100ml): protein; fat, total and saturated; carbohydrate and sugars; and sodium

If the pack makes any claim about another nutrient e.g. "good source of calcium", then that nutrient must also be listed in the NIP

Ingredients are listed in order of in-going weight: wheat flour is the major ingredient, followed by water and then fruit

The additive numbers are given so you can find out what they are. See also 'A simple guide to food additives' resource.

## A typical Nutrition Information Panel (NIP)

### FRUIT BREAD

#### NUTRITION INFORMATION

Servings per pack: 6 (10 slices and 2 crusts)

Average serving size: 83g (2 slices)

| Average quantity:   | Per serving  | Per 100g     |
|---------------------|--------------|--------------|
| Energy              | 940kJ        | 1130kJ       |
| Protein             | 7.3g         | 8.8g         |
| Fat, total          | 1.9g         | 2.3g         |
| - saturated         | less than 1g | less than 1g |
| Carbohydrate, total | 43.1g        | 51.9g        |
| - sugars            | 14.4g        | 17.3g        |
| Dietary fibre       | 2.5g         | 3.0g         |
| Sodium              | 275mg        | 330mg        |

#### INGREDIENTS

**Contains gluten-containing cereal and soy as indicated in bold type.**

**Wheat** flour, water, fruit (21%) (sultanas, currants), **wheat gluten**, yeast, sugar, **soy flour**, vegetable oil, salt, spices, emulsifiers (471, 481), acidity regulator (263).

**Made on a production line that also produces products containing sesame and milk.**

Use the per 100g column to compare like products. This also gives you the percentage. e.g. 2.3g fat per 100g equals 2.3% fat

This NIP also has dietary fibre, which is useful to know as most of us need more fibre in our diets. Two slices provide 2.5g fibre

There are a number of common allergens that must be highlighted.

Because it's called fruit bread you must be told how much fruit is in it