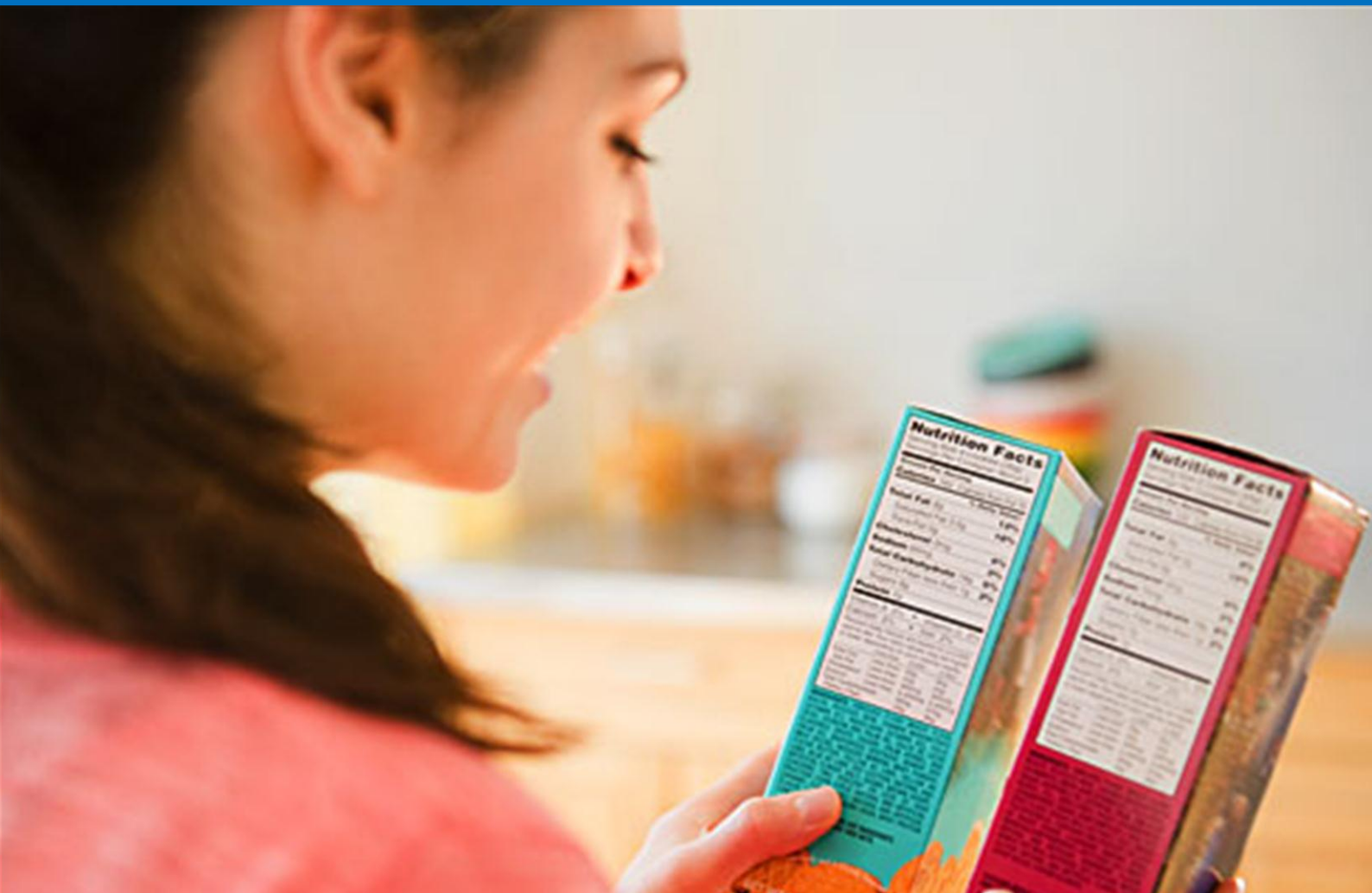




Eat With Me Train With Me

Week 5: Food Labels



8 Week Nutrition Program

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Food Labels

Nutrition panels can be confusing, but if you know how to read them they're a useful source of information to help you choose healthier products.

There are five main things to look out for when shopping for foods:

- Kilojoules / calories
- Sodium (salt)
- Fibre
- Saturated fat and trans fat
- Sugars

But you should always look at the food as a whole and consider the nutrients it provides instead of just making a decision based on one factor. For example, junk foods are usually high in calories, and high in fat, and high in salt and sugar and low in fibre.

There are five main things to look out for when shopping for food:

Kilojoules
These are listed under energy in the panel. To avoid overeating, try to get your kilojoules from foods that satisfy your appetite. Choose snacks such as this cereal bar, that has 600kJ or less per serve

Fibre
Wholegrains, fruit and vegetables provide your body with the fibre it needs, but it can sometimes be difficult to make sure you're eating enough. This cereal bar is a good source of fibre at 3g per serve. Adults should aim for 25-30g of fibre daily.

Saturated fat and trans fat
While fats are an essential part of your diet, too much unhealthy saturated and trans fats should be avoided. This cereal bar is low in saturated fat - it contains less than 1.5g per 100g and is virtually free of trans fat.

Sodium
Listed as sodium, salt is often used in packaged foods as a flavour enhancer, which means your salt intake can be high without you knowing it. This cereal bar is low in salt - it contains less than 120mg of sodium per 100g.

TICK CEREAL BAR

	AVG QTY PER SERVE	% DAILY INTAKE (PER SERVING)	AVG QTY PER 100g
NUTRITIONAL INFORMATION			
SERVINGS PER PACKAGE 6			
SERVING SIZE 24g (1 BAR)			
ENERGY	365kJ	4.2%	1520kJ
PROTEIN	1.7g	3.4%	7.0g
FAT - TOTAL	0.6g	0.9%	2.5g
- SATURATED	0.2g	0.8%	0.8g
- TRANS	Less than 0.01g		<0.01g
- POLYUNSATURATED	0.1g		0.4g
- MONOUNSATURATED	0.1g		0.4g
CARBOHYDRATE	17.3g	5.6%	72.1g
- SUGARS	5.8g	6.4%	24.2g
- fructose	1.8g		7.5g
- sucrose	2.2g		9.2g
DIETARY FIBRE - TOTAL	3.0g	10.0%	12.5g
SODIUM	12mg	0.5%	50mg

Percentage daily intakes are based on an average adult diet of energy. Your daily intakes may be higher or lower depending on your energy needs.

Source: Heart Foundation, 2011

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Calories and Kilojoules

Calories and kilojoules measure the amount of energy in food.

1 calorie = 4.18 kj

Some foods labels have both calories and kilojoules so it's important to be familiar with both.

RECAP: This is how much energy you'll burn each day just living

- Men: 2500-2700 calories per day
- Women: 1600-1800 calories per day

Aims for weight loss:

- Men = 1800 calories
- Women = 1200 calories

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Snacks

Snacks should be up to:

- 100-150 calories
- 400-600 kJ

Here are some examples of healthy snacks. As you can see, it makes a HUGE difference switching to low fat or skim when it comes to dairy and controlling your portions when it comes to nuts.

Snack	Calories	Kj
Apple	80	350
Berries (1 cup)	70	300
200g full fat yoghurt	175	730
200g low fat yoghurt	120	500
1 cup full fat milk	170	700
1 cup skim milk	90	370
1 cup raw nuts	765	3200
10 raw nuts	80	340
Air popped popcorn – 4 cups	110	450

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Salt

Too much salt can cause high blood pressure and can also make you feel bloated. A salty diet is also likely to result in more sugar cravings. So there are lots of good reasons for avoiding too much salt.

Most of the salt in our diets comes from processed foods, not from adding salt in cooking or at the table. Therefore, simply reducing the amount of processed foods you eat will already reduce your salt intake.

When you do buy processed foods, choose products that are “Low in Salt” or have “No Added Salt”.

Be aware of “Salt Reduced” claims. Just because the manufacturer has reduced the amount of salt they put in the product, doesn't necessarily mean that it is low in salt. It could still be high salt product, so always check the nutrition panel.

What to look for on the food label:

	Sodium Per 100g
Low salt	≤ 120 mg
Medium salt	120 - 450 mg
High salt	450 - 1000 mg
Very high salt	> 1000 mg

In the ingredients list salt is often disguised as any one of the following:

- rock salt
- sea salt
- celery salt
- garlic salt
- onion salt
- baking powder
- yeast extract
- MSG
- ‘sodium-something’ eg sodium lactate

Don't be fooled by the fancy names, it is all the same as plain salt!!



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Fibre

You should be aiming for 30 grams of fibre per day. If you aren't getting enough fibre, increase your intake slowly, or else you'll upset your digestive system!

What to look for on the food label:

	Fibre per serve
Low fibre	2 grams
Medium fibre	2 – 6 grams
High fibre	> 6 grams

Fat

Fat has the most energy per gram if any of the macronutrients, which is why it's important to avoid having too much of it. Fat is also the most common subject of food label claims as marketers try to get you to think that a product is healthy if it is low in fat.

Here is what some of the food label hype around fat really means.

Reduced fat means:

- That the amount of fat has been reduced eg reduced fat cheese
- That the food could still have quite a bit of fat in it!

Low fat means

- less than 3.5g total fat per 100g if solid food
- less than 1.5g total fat per 100g if it is a drink

Fat is disguised in the ingredients list as:

- Coconut, milk solids, palm oil, copha, cream, dripping, butter, mayonnaise, sour cream, vegetable fat, vegetable oil
- Hydrogenated vegetable oil = trans fat
- Hydrogenated 'any' oil/fat = trans fat

When you are looking at nutrition information, also look at the type of fat – how much is saturated fat or trans fat? Aim for foods with zero trans fat.

Finally, mono-unsaturated and poly-unsaturated fats are the good fats, but you can have too much of them too. A healthy diet will have approximately 60 grams of fat and almost all of that should be healthy fats.

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Sugar

Look for products with 15g or less sugars per 100g.

Words in the ingredient list that mean sugar:

- Agave Nectar
- Barley Malt Syrup
- Corn sweetener
- Corn syrup
- Dehydrated Cane Juice
- Dextrin
- Dextrose
- Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice Syrup
- Saccharose
- Sorghum
- Sucrose
- Syrup
- Treacle
- Turbinado Sugar
- Xylose

