Knowing how to read nutritional labels can help you to make good food choices while doing your grocery shopping and comparing different brands.

The nutritional label:

There are 3 columns on a nutritional label:

• Column one lists the nutrient type

• Column two lists the quantity of that nutrient per 100g

• Column three lists the quantity of that nutrient per suggested serving size

Example

NUTRITIONAL INFORMATION

SERVINGS PER PACK: 1 (SERVING SIZE 90G)

	Per 100g	Per serve
Energy	690kj/165cal	620kj/148cal
Protein	19.5g	17.5g
Fat	8.9g	8.0g
Glycaemic carbohydrate of which sugar	1.7g 1.5g	1.5g 1.3g

What to look for:

When reading nutritional labels while following your Tony Ferguson eating plan, you will need to look at the amount of glycaemic carbohydrate in the food.

The glycaemic carbohydrate should be:

• For packaged protein – 5g or less per 100g

• For sauces, dressings, and gravies – 5g or less per serve

• For sugar free beverages – 1g or less per 100ml

• For sugar-free candy – 1g or less per 100g