

DO IT FOR  
YOURSELF!

## EXTREME READING NUTRITIONAL LABELS

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

