

DO IT FOR
YOURSELF!

ACCELERATE 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

