

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

There are three columns on a nutritional label:

Column 1 - lists the nutrient type

Column 2 - lists the quantity of that nutrient per 100g

Column 3 - lists the quantity of that nutrient per the suggested serving size

NUTRITIONAL INFORMATION
SERVINGS PER PACK: 1 (SERVING SIZE 90G)

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

