



# How do I read food labels?

Reading the labels on food packaging can be a daunting task, but once you get the hang of it, it becomes really easy. Knowing what's in your food enables you to get the best value for money and choose food with a lot or a little of the nutrients that interest you to make the right choices for you and your whānau. There are legal requirements for food manufacturers to display certain information on packaging, here's a quick guide on how to use that information to your advantage.

## INGREDIENTS

Water, **wheat** flour, resistant tapioca starch, plant-based proteins (5.3%) (hemp, pea), **wheat** gluten, vegetable oil [with antioxidant (307)], raising agents (500, 450, 341), stabilisers (466, 415), rice flour, emulsifier (471), salt, preservatives (282, 200), dextrose, acidity regulator (297).

**Allergens: contains wheat.**

**Ingredients** are listed from the most to least amount present in the food. For example, if the first ingredient is sugar, then this is gonna be one sweet product and is probably best avoided. Some ingredients are highlighted in bold, this helps you to do a quick scan for common allergens like shellfish, peanuts, gluten, dairy and soy.

## How do I use the Nutrition Information Panel (NIP)?

**Compare products** using the "per 100g" column. This is best used to compare products that fall within the same category, for example different types of muesli bars. Sometimes the cheapest brand is the healthiest!

**Watch out for the 3 S's: Saturated fat, Sugar, and Sodium.** Use the "per 100g" column to choose products with the LEAST amount of these nutrients. The "per serving" column is different between brands and foods, so not much use for comparison.

### NUTRITION INFORMATION

Servings per package: 6  
Serving size: 1 wrap (38g avg)

	Average Quantity per Serving	% Daily Intake* per Serving	Average Quantity per 100g
Energy	407kJ	5%	1020kJ
Calories	97Cal	-	243Cal
Protein	4.4g	9%	11.1g
Fat, total	3.1g	4%	7.7g
- saturated	1.5g	6%	3.7g
Carbohydrate	9.2g	3%	22.9g
- sugars	0.6g	0.6%	1.4g
Dietary Fibre	8.4g	28%	20.8g
Sodium	210mg	9%	524mg

## What about the Health Star Rating?

This is a voluntary front of the pack labeling system designed for you to make a quick decision on the healthiness of a food. The more stars, the better!



Fibre, protein fruit, vegetable, nut, and legume content all positively affect the rating, and the 3 S's, **saturated fat, sodium, and sugar**, all have a negative effect on the final star rating.



Download your free, printable food label reading card and take it to the supermarket with you in your wallet.

Alternatively, contact us on 0800 663 463 or email [info@arthritis.org.nz](mailto:info@arthritis.org.nz) and we will send one to you with our Nutrition and Arthritis information brochure.