

# Understanding a food label

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## Typical Nutritional Information

Serving Size 100g/50g

Nutrient	Per 100g	Per 50g
Energy (KJ)	1458	729
Protein (g)	16.0	8.0
Carbohydrates (g)	43	22
Of which Total Sugar (g)	15.8	7.9
Total Fat (g)	10.9	5.5
Of which Saturated fat (g)	2.9	1.5
Of which Polyunsaturated fat (g)	4.5	2.3
Of which Monounsaturated fat (g)	3.5	1.8
Dietary Fibre (g)	6.1	3.1
Sodium (mg)	296	148

Food labels allow consumers to make informed choices about the foods consumed. Understanding a label allows for better choices and more responsible eating.

### What to look out for on a Nutritional Information Label:

- **Know the Serving Size**
- **Be aware of the amount of Energy and Carbohydrates**
  - *Eat within YOUR individual needs*
- **Protein (high Protein is 10g per 100g)**
  - *Have sufficient protein at every meal*
- **Be cautious of Total Fat**
  - *Less than 3g Saturated Fat per 100g (avoid trans fats)*
  - *Aim for higher polyunsaturated and monounsaturated fats*
- **Aim for Dietary Fibre of 3g per serving**
- **Choose lower sodium foods**
  - *Less than 400mg per 100g is GOOD*
  - *But less than 120mg per 100g is BEST*