

Food labelling

Name: _____

Manufacturers include a range of information on food labels, some of which are legally required. The following eight pieces of information must appear by law on food labels. Can you identify each one on the Baked Beans label?

Name of food or drink	Country of origin	Nutrition information	Volume or weight
'Best before' date	List of ingredients in descending order of weight	Storage and preparation conditions	

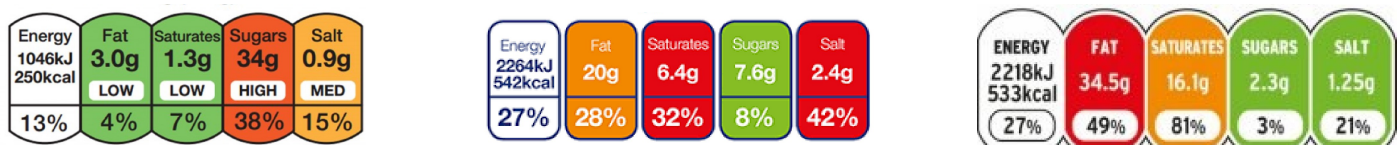


Manufacturers might also include other information that would be useful to the consumer or supermarket. This might include:

Price	Customer guarantee	Barcode	Photograph of the food	Serving suggestion
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Front of pack labelling

In the UK, displaying nutritional information on the front of pre-packaged foods and drinks is voluntary but the Government recommends that manufacturers use the traffic light labelling system to show the amount of Energy, Fat, Saturates, Sugars and Salt contained in the product. Red equals high content, amber equals medium and green equals a low amount. Try and identify the foods from the traffic light labels.



Steak pie	Chocolate bar	Cheese crisps
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Reading food labels

Look at the two example nutrition labels and record information about them in the tables.

Cornflakes

Energy per 100g	
Vitamin C per 100g	
Carbohydrate per 100g	
Fibre per 100g	
Sodium per 100g	
Vitamin C per 100g	
Iron per 100g	
Zinc per 100g	
Protein per 100g	



Nutrition Information (AVERAGE)

Servings per package: 6

Serving size: 35g (1 metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve with 1/2 cup skim milk	quantity per 100g
ENERGY	560 kJ	6%	750 kJ	1590 kJ
PROTEIN	2.7 g	5%	7.3 g	7.6 g
FAT, TOTAL	0.4 g	0.5%	0.5 g	1.0 g
- SATURATED	0.3 g	1%	0.4 g	0.8 g
CARBOHYDRATE	28.7 g	9%	35.2 g	82.1 g
- SUGARS	2.5 g	3%	9.0 g	7.2 g
DIETARY FIBRE	1.4 g	5%	1.4 g	4.1 g
SODIUM	169 mg	7%	226 mg	485 mg

		% RDI*		
THIAMIN (VIT B1)	0.28 mg	25%	0.33 mg	0.79 mg
RIBOFLAVIN (VIT B2)	0.42 mg	25%	0.68 mg	1.21 mg
NIACIN	2.5 mg	25%	2.6 mg	7.1 mg
VITAMIN C	6.0 mg	15%	7.3 mg	17.1 mg
FOLATE	100 µg	50%	106 µg	285 µg
IRON	3.0 mg	25%	3.1 mg	8.6 mg
ZINC	1.8 mg	15%	2.3 mg	5.1 mg

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

▲ Percentage daily intakes are based on an average adult diet of 8700kJ.

* Percentage Recommended Dietary Intake (Aust/NZ)

Baked beans

Energy per 100g	
Vitamin C per 100g	
Carbohydrate per 100g	
Fibre per 100g	
Sodium per 100g	
Vitamin C per 100g	
Iron per 100g	
Zinc per 100g	
Protein per 100g	



Nutrition Facts

Serving Size 1/2 cup (174g)

Servings Per Container 16

Amount Per Serving

Calories 190 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 480mg **20%**

Total Carbohydrate 34g **11%**

Dietary Fiber 8g **32%**

Sugars 13g

Protein 9g

Vitamin A 2% • Vitamin C 6%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Comparing food nutrition labels

Complete the table below using the nutrition facts labels of white and wholemeal bread. Then answer the two questions at the bottom of the page.

Nutrition Facts

Serving Size 2 slices (68 g)
Servings Per Container 7

Amount Per Serving			
Calories 140	Calories from Fat 15		
Calories From Saturated Fat 0			
		% Daily Value	
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 230mg			10%
Total Carbohydrate 30g			10%
Dietary Fiber 5g			4%
Sugars 3g			
Protein 2g			4%
Vitamin A			0%
Vitamin C			0%
Calcium			4%
Iron			4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	•	Carbohydrate 4	• Protein 4



Nutrition Facts	
7 servings per container	
Serving size	3 slices (70g)
Amount/Serving	
Calories	180
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 15g	5%
Dietary Fiber 9g	32%
Total Sugars 1g	
includes 0g Added Sugars	0%
Protein 15g	22%
Vitamin D 0mcg	0%
Calcium 70mg	5%
Iron 0mg	0%
Potassium 350mg	7%



Amount per serving	White bread	Wholemeal bread
Calories		
Total fat (%)		
Saturated fat (%)		
Sodium (%)		
Dietary fibre (%)		
Sugars (grams)		
Protein (%)		
Calcium (%)		
Iron (%)		

Explain the nutritional differences between wholemeal bread and white bread.

Which bread provides more fibre? Why is this important in the diet?

Food labelling quiz

Q Name one piece of information on food labels that is required by law.

Q What does e mean on a food label?

Q In what order do ingredients appear on an ingredients list?

Q Name one allergen that must be identified on an ingredients list.

Q Suggest one additional piece of information that a manufacturer might include on a food label.

Q Why is a barcode used?

Q Why do some foods have a 'best before' date?

Q What three colours can be used on 'front of pack' nutrition labels?

Q Why are storage/cooking instructions legally required on a food label?

Q Why is the manufacturer's name and address legally required on a food label?

Q Which foods do not require a food label?
