

## School health expo interactive display

### Reading food labels

Are you looking for an interactive display to use at your school's next whole of school event?

This kit contains everything you need to run a food label reading activity with students, parents or other members of the school community.

Participants will learn how to:

- Find out how much sugar, fat, salt and fibre is in a packaged food
- Rank cereals according to the amount of sugar, fat, salt and fibre they contain
- Choose the healthiest breakfast cereal

Teachers can also use this kit to run an in-class activity with students.

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## Understanding food labels

Children need good food for optimal growth and development and to help them concentrate and learn at school. Learning how to read food labels can help children and their families to decide which foods are the healthiest options.

### Nutrition Information Panel (NIP)

In Australia, most packaged foods are required to display a nutrition information panel. The panel shows the amount of nutrients 'per serving' and 'per 100g'. As the serving size on the package may differ for similar products, and may be different from what you actually eat, it is best to use the 'per 100g' column to compare products.

NUTRITION INFORMATION		
Servings per can: 2		
Serving size: 210g		
	Average Quantity Per serving	Average Quantity Per 100g
ENERGY	895kJ	425kJ
PROTEIN	10.8g	5.1g
FAT: TOTAL	1.2g	0.6g
-SATURATED	0.2g	0.1g
CARBOHYDRATE	33.7g	16.1g
-SUGARS	15.5g	7.4g
DIETARY FIBRE	11.9g	5.7g
SODIUM	1300mg	620mg
POTASSIUM	850mg	310mg
IRON	2.7mg	1.3mg

### Health Star Rating (HSR)

The Health Star Rating is a label on the front of some food packages. It is a quick way of checking whether a packaged food is a healthy choice. Healthier products earn more stars.

The Health Star Rating should be used to compare similar foods, e.g. two breakfast cereals, not foods in different categories, e.g. a breakfast cereal and a yoghurt.



Unpackaged foods like fruit and veg, and single ingredient foods like sugar don't use the Health Star Rating. The system is currently voluntary, so food companies can choose whether or not to display their star rating.

Read more about the Health Star Rating at [www.healthstarrating.gov.au](http://www.healthstarrating.gov.au)

### Ingredients list

Ingredient lists can also help you decide if a product is healthy. Ingredients are listed from most to least amounts, so the main ingredients are listed first.

Look out for added sugar, fat and salt. These can appear on the ingredients list under many different names. See the below table for examples. All types of sugar and salt are similar in terms of the nutrition they provide.

Reading the ingredients list? Here are some common names for sugar and salt.			
SUGAR		SALT	
Agave nectar	Golden syrup	Celery salt	Sodium
Brown sugar	Honey	Flavour enhancer (msg)	Soy sauce
Corn syrup	Invert sugar	Himalayan pink salt	Stock
Fructose	Malt	Meat extract	Table salt
Fruit juice concentrate	Maple syrup	Rock salt	Vegetable extract
Glucose	Rice syrup	Sea salt	Yeast extract
	Sucrose		

## Using the label reading cards

The label reading card on page 5 is an excellent tool for teaching people how to interpret nutrition panels and choose the healthiest options. Foods that fit into the green column are the healthiest choices and can be eaten every day. Foods that fit into the amber column are less healthy and should not be eaten as frequently. Foods that fit into the red column are not the best choices and should only be eaten every now and then.

Here's how to use the label reading cards:

### Sugar, fat and sodium (salt)

- Look at the nutrient panel on your food package and find the '**quantity per 100g**' column.
- Find the amount of sugar, fat, or sodium per 100g of the product.
- Compare this number against the ranges on your label reading card.
- Decide if the product fits in the green, amber or red column for sugar, fat and salt.

### Fibre

- Look for the '**quantity per serve**' column on the nutrient panel of your food package.
- Find the amount of fibre per serve of the product.
- Compare this number against your label reading card to see if gets a tick for fibre.

NUTRITION INFORMATION		
Servings per can: 2		
Serving size: 210g		
	Average Quantity Per serving	Average Quantity Per 100g
ENERGY	895kJ	425kJ
PROTEIN	10.8g	5.1g
FAT: TOTAL	1.2g	0.6g
-SATURATED	0.2g	0.1g
CARBOHYDRATE	33.7g	16.1g
-SUGARS	15.5g	7.4g
DIETARY FIBRE	11.9g	5.7g
SODIUM	1300mg	620mg

Use the per 100g column	Best choice	Okay sometimes	Try to avoid
<b>Total fat</b>	Less than 3g	3g - 10g	More than 10g
<b>Saturated fat</b>	Less than 1.5g	1.5g - 3g	More than 3g
<b>Sugar</b>	Less than 5g	5g - 15g	More than 15g
<b>Sodium</b>	Less than 120mg	120mg - 400mg	More than 400mg
<b>Fibre</b>	More than 3g per serve (not using per 100g column)		

[crunchandsip.com.au](http://crunchandsip.com.au)

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## Health effects of sugar, fat, salt and fibre

The label reading cards allow you to identify foods that are high in fibre and low in sugar, fat and salt. Here's a bit more about the health effects of these nutrients:

**Sugar:** Too much sugar is bad for your teeth. Having lots of sugary foods and drinks can also lead to weight gain which can increase your risk of developing conditions like heart disease, type 2 diabetes and some cancers.

**Saturated fat:** Eating lots of saturated fat can increase your risk of heart disease.

**Salt:** Eating too much salt can lead to high blood pressure. Having high blood pressure is bad for your blood vessels and heart.

**Fibre:** It's important to eat enough fibre to keep your digestive system healthy and avoid becoming constipated.

## Running the interactive display

### Preparation

- Print and cut out the label reading cards on page 5. Ensure there is one for each participant. Alternatively, print the larger label reading card on page 6 for all participants to share.
- Print some or all of the cereal boxes on pages 7-21 (or collect cereal boxes to use for the activity).

### Running the activity

Explain to participants how to read the nutrition panel on the food label and how to compare this against the label reading card. You can focus on just one nutrient (e.g. sugar) or look at multiple nutrients.

#### Small group:

- Provide each participant with 3 cereal boxes and a label reading card.
- Ask participants to arrange the cereal boxes in order in terms of the amount of sugar, fat, salt or fibre they contain.

#### Large group:

- Provide each participant or pair of participants with a cereal box and label reading card.
- Ask participants to form a line holding their cereal boxes with one end representing the lowest amount of sugar, fat, salt or fibre (whichever nutrient is chosen) and the other end representing the highest amount of the nutrient.
- The facilitator should make their way from one end of the line to the other to check that the cereal boxes are in the right order.

After completing the activity, ask participants to decide which cereal is the healthiest based on the information they have found out about the cereal's sugar, fat, salt and fibre content. Correct any incorrect responses. Discuss the reasons why we should choose foods and drinks that are high in fibre and low in sugar, fat and salt.

## Label reading card – 4 to a page

Use the per 100g column	Best choice	Okay sometimes	Try to avoid
<b>Total fat</b>	Less than 3g	3g - 10g	More than 10g
<b>Saturated fat</b>	Less than 1.5g	1.5g - 3g	More than 3g
<b>Sugar</b>	Less than 5g	5g - 15g	More than 15g
<b>Sodium</b>	Less than 120mg	120mg - 400mg	More than 400mg
<b>Fibre</b>	More than 3g per serve (not using per 100g column)		

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Use the per 100g column	Best choice	Okay sometimes	Try to avoid
<b>Total fat</b>	Less than 3g	3g - 10g	More than 10g
<b>Saturated fat</b>	Less than 1.5g	1.5g - 3g	More than 3g
<b>Sugar</b>	Less than 5g	5g - 15g	More than 15g
<b>Sodium</b>	Less than 120mg	120mg - 400mg	More than 400mg
<b>Fibre</b>	More than 3g per serve (not using per 100g column)		

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Use the per 100g column	Best choice	Okay sometimes	Try to avoid
<b>Total fat</b>	Less than 3g	3g - 10g	More than 10g
<b>Saturated fat</b>	Less than 1.5g	1.5g - 3g	More than 3g
<b>Sugar</b>	Less than 5g	5g - 15g	More than 15g
<b>Sodium</b>	Less than 120mg	120mg - 400mg	More than 400mg
<b>Fibre</b>	More than 3g per serve (not using per 100g column)		

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Use the per 100g column	Best choice	Okay sometimes	Try to avoid
<b>Total fat</b>	Less than 3g	3g - 10g	More than 10g
<b>Saturated fat</b>	Less than 1.5g	1.5g - 3g	More than 3g
<b>Sugar</b>	Less than 5g	5g - 15g	More than 15g
<b>Sodium</b>	Less than 120mg	120mg - 400mg	More than 400mg
<b>Fibre</b>	More than 3g per serve (not using per 100g column)		

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Label reading card – full page

Use the per 100g column	Best choice	Okay sometimes	Try to avoid
<b>Total fat</b>	Less than 3g	3g - 10g	More than 10g
<b>Saturated fat</b>	Less than 1.5g	1.5g - 3g	More than 3g
<b>Sugar</b>	Less than 5g	5g - 15g	More than 15g
<b>Sodium</b>	Less than 120mg	120mg - 400mg	More than 400mg
<b>Fibre</b>	More than 3g per serve (not using per 100g column)		

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Crunch&Sip®



## Rolled Oats

Serving size: 30g

		Avg Qty per Serving	Avg % Daily Intake* per Serving	Avg Qty per 100g
Energy	(kJ)	498	6%	1610
	(Cal)	119	6%	385
Protein	(g)	4	8%	10.5
Fat	- total (g)	3.1	4%	8.5
	- saturated (g)	0.5	2%	1.5
Carbohydrate	- total (g)	17.2	6%	61
	- sugars (g)	0.5	1%	0.7
Dietary Fibre	(g)	3	10%	10
Sodium	(mg)	4.5	0%	3
Potassium	(mg)	116	14%	0.5

\* Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intake may be higher or lower depending on your energy needs.



## Apricot & Almond Muesli

Serving size: 45g

		Avg Qty per Serving	Avg % Daily Intake* per Serving	Avg Qty per 100g
Energy	(kJ)	729	8%	1620
	(Cal)	174	8%	388
Protein	(g)	4.5	9%	9.9
Fat	- total (g)	4.4	6%	9.8
	- saturated (g)	0.9	4%	2.1
Carbohydrate	- total (g)	26.7	9%	59.4
	- sugars (g)	7.7	9%	17.1
Dietary Fibre	(g)	4.4	15%	9.8
Sodium	(mg)	21	1%	47
Potassium	(mg)	147	18%	326

\* Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intake may be higher or lower depending on your energy needs.

**Kellogg's**

HEALTH STAR RATING **3.5**

ENERGY	SAT FAT	SUGARS	SODIUM	IRON
1550kJ	0.1g	8.1g	550mg	8.6mg
	LOW			HIGH

PER 100g

# CORN FLAKES

*Contains vitamin c,  
iron and zinc*

**380g**

Serving Suggestion



## Kellogg's® Corn Flakes

### Nutrition Information (AVERAGE)

Servings per package - 12

Serving size - 35g (1 metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve with 1/2 cup skim milk	quantity per 100g
<b>ENERGY</b>	540 kJ	<b>6%</b>	740 kJ	1550 kJ
<b>PROTEIN</b>	2.7 g	<b>5%</b>	7.4 g	7.7 g
<b>FAT, TOTAL</b>	0.1 g	<b>0.1%</b>	0.2 g	0.2 g
- SATURATED	<0.1 g	<b>0.1%</b>	0.2 g	0.1 g
<b>CARBOHYDRATE</b>	28.5 g	<b>9%</b>	34.9 g	81.3 g
- SUGARS	2.7 g	<b>3%</b>	9.2 g	7.7 g
<b>DIETARY FIBRE</b>	1.4 g	<b>5%</b>	1.4 g	4.1 g
<b>SODIUM</b>	183 mg	<b>8%</b>	240 mg	525 mg
		<b>% RDI*</b>		
THIAMIN (VIT B1)	0.28 mg	<b>25%</b>	0.33 mg	0.79 mg
RIBOFLAVIN (VIT B2)	0.42 mg	<b>25%</b>	0.68 mg	1.21 mg
NIACIN	2.5 mg	<b>25%</b>	2.6 mg	7.1 mg
<b>VITAMIN C</b>	6.0 mg	<b>15%</b>	7.3 mg	17.1 mg
FOLATE	100 µg	<b>50%</b>	106 µg	285 µg
<b>IRON</b>	3.0 mg	<b>25%</b>	3.1 mg	8.6 mg
ZINC	1.8 mg	<b>15%</b>	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)

### Ingredients

Corn (88%), sugar, salt, barley malt extract, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).

**CONTAINS CEREALS CONTAINING GLUTEN.**

**MAY CONTAIN TRACES OF PEANUTS AND/OR TREE NUTS.**

Kellogg's®

Vitamin D



B Vitamins  
& Iron

B+

**COCO  
pops**



Per Portion (30g)				
491kJ	Fat	Saturated	Sugars	Salt
116kcal	0.8g	0.3g	9.0g	0.23g
6%	1%	2%	10%	4%

Per 100g: 1638kJ / 387kcal

295g

Kellogg's® Coco Pops®

## Nutrition Information

(AVERAGE)

Servings per package: 12

Serving size: 30 g (2/3 metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve with 1/2 cup reduced fat milk	quantity per 100g
<b>ENERGY</b>	480 kJ	6%	760 kJ	1600 kJ
<b>PROTEIN</b>	1.4 g	3%	6.6 g	4.6 g
<b>FAT, TOTAL</b>	0.1 g	0.2%	2.2 g	0.4 g
- SATURATED	0.1 g	0.2%	1.4 g	0.2 g
<b>CARBOHYDRATE</b>	26.4 g	9%	33.4 g	87.9 g
- SUGARS	11.0 g	12%	18.0 g	36.5 g
<b>DIETARY FIBRE</b>	0.5 g	2%	0.5 g	1.7 g
<b>SODIUM #</b>	127 mg	6%	196 mg	425 mg

		% RDI*		
THIAMIN (VIT B1)	0.28 mg	25%	0.32 mg	0.92 mg
RIBOFLAVIN (VIT B2)	0.42 mg	25%	0.66 mg	1.42 mg
NIACIN	2.5 mg	25%	3.7 mg	8.3 mg
VITAMIN C	10.0 mg	25%	11.2 mg	33.3 mg
FOLATE	50 µg	25%	58 µg	166 µg
<b>CALCIUM</b>	80 mg	10%	264 mg	266 mg
<b>IRON</b>	3.0 mg	25%	3.0 mg	10.0 mg
ZINC	1.8 mg	15%	2.3 mg	6.0 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 8700 kJ.

\* Percentage Recommended Dietary Intake (Aust/NZ)

## Ingredients:

Whole white rice (59%), sugar, cocoa (3%), minerals (calcium carbonate, iron, zinc oxide), salt, flavours, dextrose, barley malt extract, vitamins (vitamin C, niacin, thiamin, riboflavin, folate).

**CONTAINS CEREALS CONTAINING GLUTEN.  
MAY CONTAIN TRACES OF PEANUTS AND/OR  
TREE NUTS.**

Kellogg's®

B Vitamins  
& Iron

B+

With  
Wholegrain



**FROOT  
LOOPS**



## Froot Loops®

### Nutrition Information (AVERAGE)

Servings per package - 16

Serving size - 30g (3/4 metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve with 1/2 cup reduced fat milk	quantity per 100g
<b>ENERGY</b>	490 kJ	<b>6%</b>	780 kJ	1640 kJ
<b>PROTEIN</b>	1.9 g	<b>4%</b>	7.1 g	6.4 g
<b>FAT, TOTAL</b>	0.4 g	<b>0.6%</b>	2.5 g	1.5 g
- SATURATED	0.2 g	<b>0.6%</b>	1.4 g	0.5 g
<b>CARBOHYDRATE</b>	25.6 g	<b>8%</b>	32.7 g	85.5 g
- SUGARS	11.4 g	<b>13%</b>	18.4 g	38.0 g
<b>DIETARY FIBRE</b>	0.7 g	<b>2%</b>	0.7 g	2.4 g
<b>SODIUM</b>	102 mg	<b>4%</b>	170 mg	340 mg
		<b>% RDI*</b>		
THIAMIN (VIT B1)	0.28 mg	<b>25%</b>	0.32 mg	0.92 mg
RIBOFLAVIN (VIT B2)	0.42 mg	<b>25%</b>	0.66 mg	1.42 mg
NIACIN	2.5 mg	<b>25%</b>	3.7 mg	8.3 mg
<b>VITAMIN C</b>	10.0 mg	<b>25%</b>	11.2 mg	33.3 mg
FOLATE	50 µg	<b>25%</b>	58 µg	166 µg
IRON	3.0 mg	<b>25%</b>	3.0 mg	10.0 mg
ZINC	1.8 mg	<b>15%</b>	2.3 mg	6.0 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)

### Ingredients

Cereals (55%)(maize flour, wheat flour, oat flour), sugar, natural colours (carmine, paprika, vegetable carbon, turmeric, copper chlorophyll), vegetable oil, salt, dextrose, vitamins (vitamin C, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide), natural flavours (orange, lemon, lime).

**CONTAINS CEREALS CONTAINING GLUTEN.**

**MAY CONTAIN TRACES OF PEANUTS AND/OR TREE NUTS.**

**Kellogg's**

PER 30g SERVE \*MODERATE YOUR INTAKE

ENERGY 490 kJ DI* 6%	PROTEIN 5.6 g DI* 13%	FAT* 0.2 g DI* 0.3%	SAT FAT* <0.1 g DI* 0.1%	CARBS 26.6 g DI* 7%	SUGARS* 10.7 g DI* 11%	SODIUM* 144 mg DI* 6%	FIBRE 2.0 g DI* 3%
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# NUTRI GRAIN®



**FUELLED BY  
CARBS &  
PROTEIN**

**MADE WITH  
CORN, OATS  
& WHEAT**



**290g**

Serving Suggestion

## Nutri-Grain®

### NUTRITION INFORMATION (AVERAGE)

Servings per package - 7

Serving size - 40g (1 metric cup†)

	quantity per serving	% daily intake▲ per serving	per serve with ½ cup skim milk	quantity per 100g
<b>ENERGY</b>	620kJ	<b>7%</b>	820kJ	1550 kJ
<b>PROTEIN</b>	8.5 g	<b>17%</b>	13.1 g	21.2 g
<b>FAT, TOTAL</b>	0.2 g	<b>0.3%</b>	0.4 g	0.6 g
- SATURATED	<0.1 g	<b>0.2%</b>	0.2 g	0.1 g
<b>CARBOHYDRATE</b>	26.6 g	<b>9%</b>	33.0 g	66.4 g
- SUGARS	10.7 g	<b>12%</b>	17.2 g	26.7 g
<b>DIETARY FIBRE</b>	2.0 g	<b>7%</b>	2.0 g	5.1 g
<b>SODIUM</b>	144 mg	<b>6%</b>	200 mg	360 mg

		% RDI*		
THIAMIN (VIT B1)	0.55 mg	<b>50%</b>	0.60 mg	1.38 mg
RIBOFLAVIN (VIT B2)	0.42 mg	<b>25%</b>	0.68 mg	1.06 mg
NIACIN	2.5 mg	<b>25%</b>	2.6 mg	6.2 mg
VITAMIN B6	0.4 mg	<b>25%</b>	0.4 mg	1.0 mg
VITAMIN C	10.0 mg	<b>25%</b>	11.3 mg	25.0 mg
FOLATE	50 µg	<b>25%</b>	56 µg	125 µg
CALCIUM	80 mg	<b>10%</b>	239 mg	200 mg
<b>IRON</b>	3.0 mg	<b>25%</b>	3.1 mg	7.5 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)

### INGREDIENTS

Cereals (46%) (wheat flour, oatmeal, maize flour), sugar, wheat protein, maltodextrin, molasses, oat fibre, salt, minerals (calcium carbonate, iron), barley malt extract, raising agent (potassium bicarbonate), flavour, natural colour (paprika, turmeric), vitamins (vitamin C, niacin, thiamin, riboflavin, vitamin B6, folate).  
**CONTAINS CEREALS CONTAINING GLUTEN.**  
**MAY CONTAIN TRACES OF PEANUTS AND/OR TREE NUTS.**

Kellogg's®



# Sultana Bran®

High in Fibre  
& Whole Grain



730g

Serving Suggestion

## Kellogg's® Sultana Bran®

### Nutrition Information (AVERAGE)

Servings per package - 9

Serving size - 45g (¾ metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve with 1/2 cup skim milk	quantity per 100g
<b>ENERGY</b>	630 kJ	7%	830 kJ	1410 kJ
<b>PROTEIN</b>	4.3 g	9%	8.9 g	9.5 g
<b>FAT, TOTAL</b>	0.8 g	1%	0.9 g	1.7 g
- SATURATED	0.2 g	0.8%	0.3 g	0.4 g
<b>CARBOHYDRATE</b>	28.0 g	9%	34.5 g	62.3 g
- SUGARS ^	12.7 g	14%	19.2 g	28.2 g
<b>DIETARY FIBRE</b>	7.0 g	23%	7.0 g	15.5 g
- SOLUBLE	1.5 g	-	1.5 g	3.4 g
- INSOLUBLE	5.4 g	-	5.4 g	12.1 g
<b>SODIUM</b>	121 mg	5%	178 mg	270 mg
		<b>% RDI*</b>		
THIAMIN (VIT B1)	0.28 mg	25%	0.33 mg	0.61 mg
RIBOFLAVIN (VIT B2)	0.42 mg	25%	0.68 mg	0.94 mg
NIACIN	2.5 mg	25%	2.6 mg	5.6 mg
VITAMIN B6	0.4 mg	25%	0.4 mg	0.9 mg
FOLATE	100 µg	50%	106 µg	222 µg
<b>IRON</b>	3.0 mg	25%	3.1 mg	6.7 mg
MAGNESIUM	64 mg	20%	79 mg	142 mg
ZINC	1.8 mg	15%	2.3 mg	4.0 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)

^ Over 2/3 of the sugar in product is from the sultanas.

### Ingredients

Whole wheat (37%), sultanas (26%), wheat bran (25%), sugar, barley malt extract, salt, humectant (glycerol), minerals (iron, zinc oxide), vitamins (niacin, riboflavin, vitamin B6, thiamin, folate).

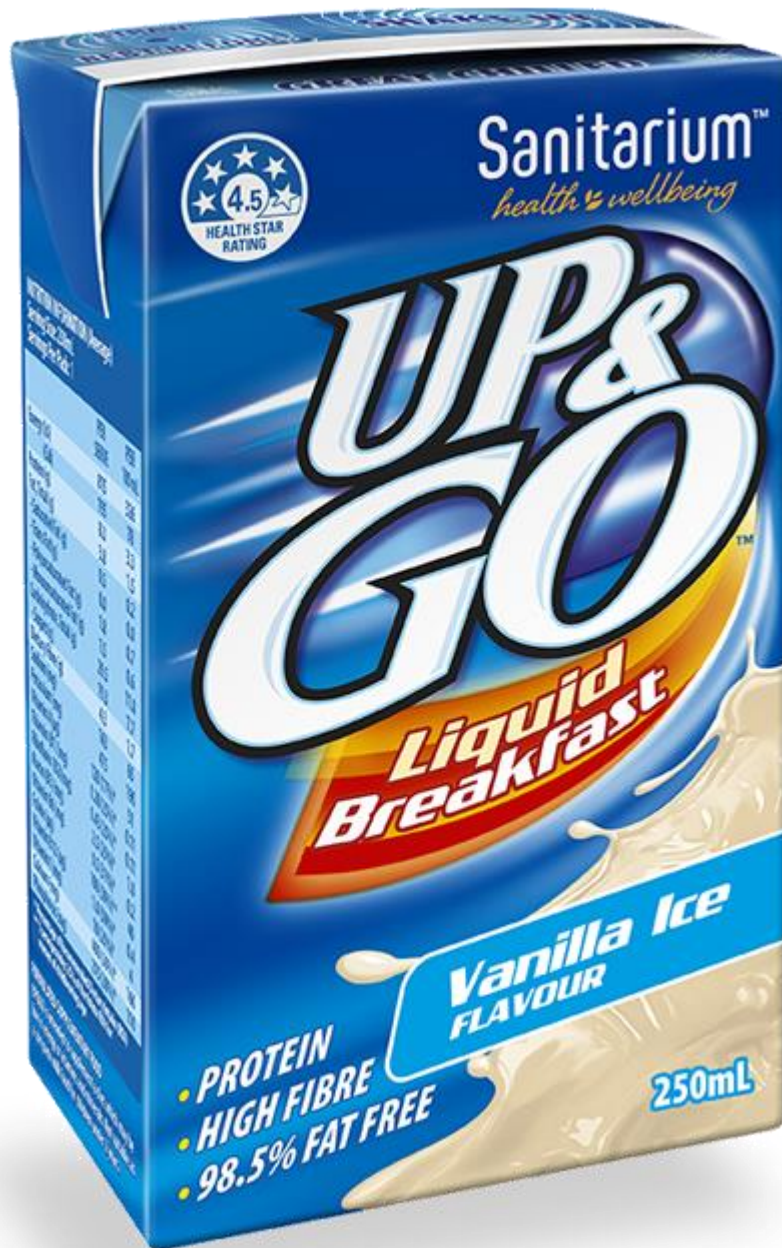
**CONTAINS CEREALS CONTAINING GLUTEN.  
MAY CONTAIN TRACES OF PEANUTS AND/OR TREE NUTS.**



	Per serve	Per 100g
SERVING SIZE: 30g (2 biscuits)		
Energy (kJ) (Cal)	447 107	1490 355
Protein (g)	3.7	12.4
Fat (g)	0.4	1.3
Saturated Fat (g)	0.1	0.3
Trans Fat (g)	0.0	0.0
Polyunsaturated Fat (g)	0.2	0.8
Monounsaturated Fat (g)	0.1	0.2
Carbohydrate (g)	20.1	67.0
Sugars (g)	1.0	3.3
Dietary Fibre (g)	3.3	11.0
Sodium (mg)	81	270
Potassium (mg)	102	340
Thiamin (Vitamin B1) (mg)	0.55 (50% RDI)*	1.83
Riboflavin (Vitamin B2) (mg)	0.43 (25% RDI)*	1.44
Niacin (Vitamin B3) (mg)	2.5 (25% RDI)*	8.3
Folate (µg)	80 (40% RDI)* **	265
Iron (mg)	3.0 (25% RDI)*	10.0
Magnesium (mg)	32 (10% RDI)*	107

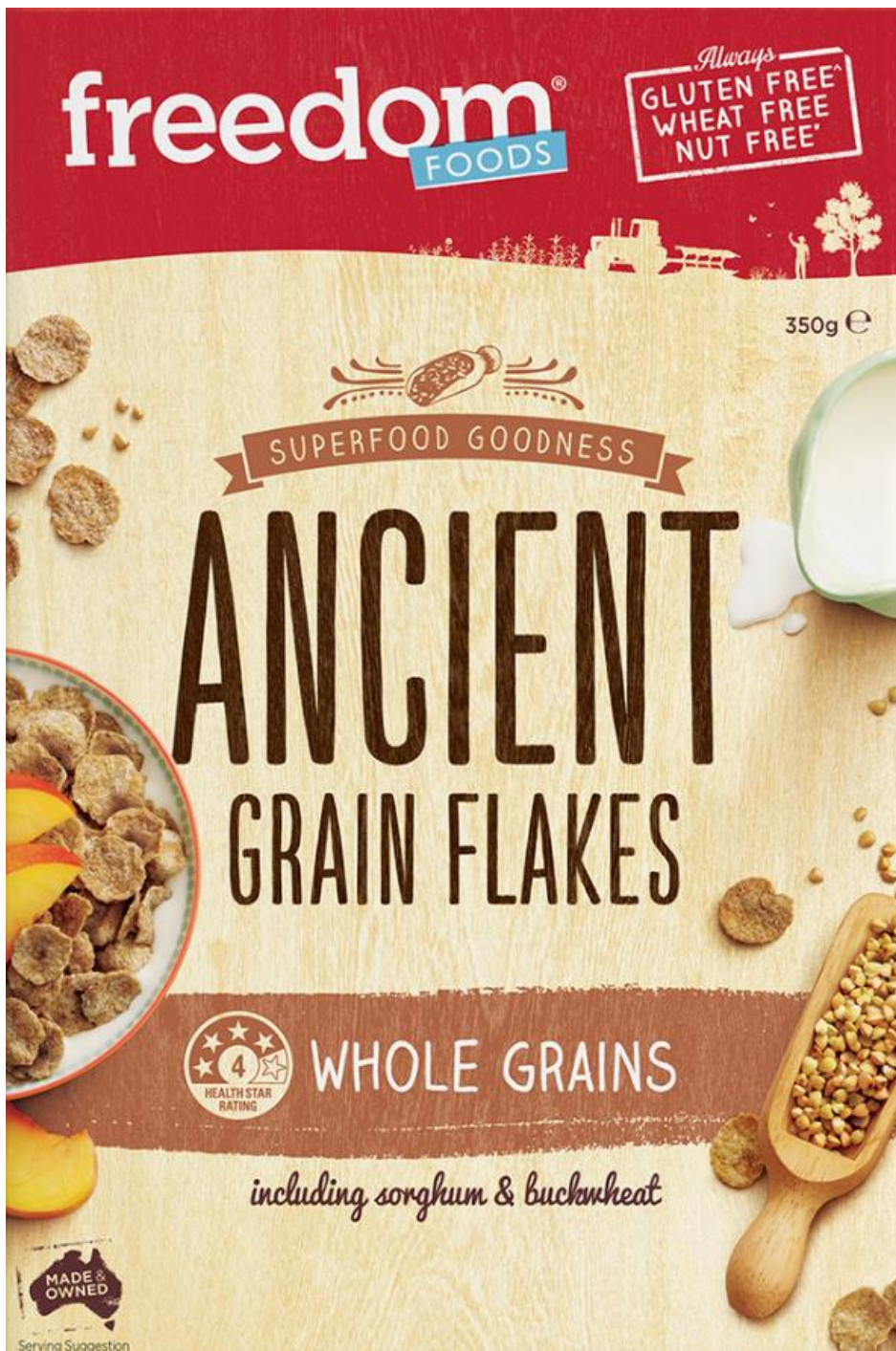
\* Percentage of Recommended Dietary Intake (RDI)

\*\* 1 serve provides 20% of the folate RDI for women of childbearing age



SERVING SIZE: 250mL    SERVINGS PER PACK: 1

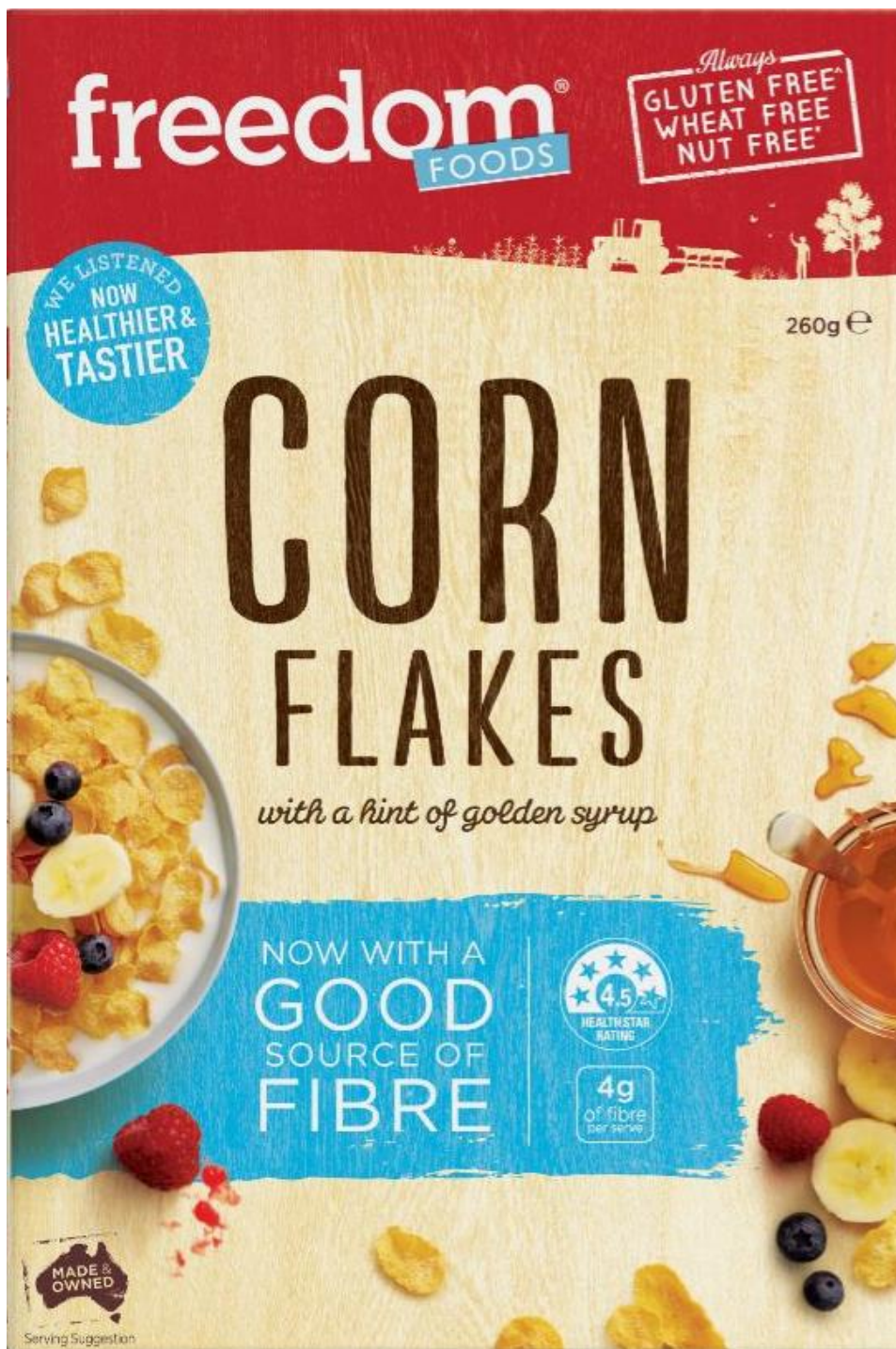
	Per serve	Per 100mL
Energy (kJ) (Cal)	820 196	328 79
Protein (g)	8.3	3.3
Fat (g) Saturated Fat (g)	3.8 0.5	1.5 0.2
Carbohydrate (g) Sugars (g)	29.7 19.0	11.9 7.6
Dietary Fibre (g)	4.0	1.6
Sodium (mg)	164	66
Potassium (mg)	473	189
Vitamin A (µg)	128 (17% RDI)*	51
Thiamin (Vitamin B1) (mg)	0.28 (25% RDI)*	0.11
Riboflavin (Vitamin B2) (mg)	0.43 (25% RDI)*	0.17
Niacin (Vitamin B3) (mg)	2.5 (25% RDI)*	1.0
Vitamin B6 (µg)	0.5 (25% RDI)*	0.2
Folate (µg)	50 (25% RDI)* **	20
Vitamin B12 (µg)	0.5 (25% RDI)*	0.2
Vitamin C (mg)	10 (25% RDI)*	4.0
Calcium (mg)	300 (38% RDI)*	120
Phosphorus (mg)	188 (19% RDI)*	75



### Ancient Grain Flakes 350g

Serving per pack: Approx 7    Serving Size: 50g

	<b>Average quantity per serving (50g)</b>	<b>Average quantity per 100g</b>
Energy	830 kJ	1660 kJ
Protein	4.0g	8.0g
– Gluten	Not Detected	Not Detected
Fat ,Total	1.4g	2.8g
-Saturated	0.2g	0.4g
Carbohydrate	39.9g	79.8g
-Sugars	5.0g	10.0g
Dietary Fibre	3.9g	7.8g
Sodium	55mg	110mg
Potassium	118mg	236mg



Servings per package: Approx. 6.5      Serving size: 40 grams

	<b>Average quantity per serving 40 g</b>	<b>Average quantity per 100 g</b>
Energy	624KJ	1560kJ
Protein	3.1g	7.8g
-Gluten	Not Detected	Not Detected
Fat, Total	0.8g	1.9g
-Saturated	0.2g	0.4g
Carbohydrate	30.1g	75.2g
-Sugars	2.8g	7.1g
Dietary fibre	4.0g	10.0g
Sodium	84mg	210mg



Servings Per Pack: 10 Serving Size: 30g	Average Quantity per Serving	Average Quantity per 100g
Energy	480 kJ	1610 kJ
Protein	2.1 g	7.0 g
Fat-total	1.1 g	3.8 g
- Saturated	0.2 g	0.6 g
Carbohydrate	22.9 g	76.2 g
- Sugars	4.4 g	14.6 g
Dietary Fibre	2.2 g	7.3 g
Sodium	80 mg	265 mg
<b>VITAMINS &amp; MINERALS</b>		
Vitamin B1(Thiamin)	0.55 mg	1.83 mg
Riboflavin (B2)	0.43 mg	1.43 mg
Niacin (B3)	2.5 mg	8.3 mg
Folate	60 µg	200 µg
Vitamin B6	0.4 mg	1.3 mg
Vitamin C	10.0 mg	33.3 mg
Vitamin E	1.0 mg	3.3 mg
Zinc	1.8 mg	6.0 mg
Calcium	200 mg	670 mg
Iron	3.0 mg	10.0 mg



Be Natural® 5 Whole Grain Flakes with Quinoa

**NUTRITION INFORMATION (AVERAGE)**

Servings per package: 8  
Average serving size: 40g (1 Metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve with ½ cup skim milk	quantity per 100g
Energy	610 kJ	7%	800 kJ	1520 kJ
Protein	3.9g	8%	8.5g	9.7g
Fat, Total	0.6g	0.9%	0.7g	1.5g
-Saturated	0.1g	0.5%	0.2g	0.3g
Carbohydrate	28.4g	9%	34.9g	71.0g
-Sugars	4.8g	5%	11.3g	12.0g
Dietary Fibre	4.6g	15%	4.6g	11.5g
Sodium	98 mg	4%	154 mg	245mg

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

▲%Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

**INGREDIENTS:**

Whole grains (53%)(whole wheat [31%], whole oats [5.5%], whole rye [5.5%], whole barley [5.5%], whole triticale [5.5%]), rice, raw sugar, quinoa (5.5%), wheat bran, oat fibre, honey (2%), barley malt extract, salt.

**CONTAINS GLUTEN CONTAINING CEREALS. MAY CONTAIN TRACES OF PEANUTS AND/OR TREE NUTS.**



**Be Natural® Coco-Nutty Granola  
Coconut, Spelt & Fig**

**NUTRITION INFORMATION (AVERAGE)**

Servings per package: 11  
Average serving size: 40g (1/2 Metric cup†)

	quantity per serving	% daily intake ▲ per serving	per serve with 1/2 cup skim milk	quantity per 100g
Energy	700 kJ	8%	900 kJ	1760 kJ
Protein	4.2g	8%	8.9g	10.6g
Fat, Total	5.7g	8%	5.8g	14.3g
- Saturated	2.2g	9%	2.3g	5.4g
Carbohydrate	22.8g	7%	29.2g	56.9g
- Sugars	6.6g	7%	13.0g	16.4g
Dietary Fibre	4.1g	14%	4.1g	10.2g
Sodium	66 mg	3%	122 mg	165 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.

▲%Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

**INGREDIENTS:**

Whole grains (52%)(oats, barley, wheat, triticale, rye, spelt [5%]), raw sugar, seeds (linseeds, pepitas), puffed triticale, brown rice syrup, coconut shreds (5%), dried figs (5%), sunola oil, salt, rosemary extract, vitamin (natural vitamin E [soy]).

**CONTAINS GLUTEN CONTAINING CEREALS & SOY. MAY CONTAIN TRACES OF PEANUTS, TREE NUTS AND/OR SESAME SEEDS.**

**Nestlé** MADE WITH WHOLE GRAIN

**VALUE PACK**

**Nestlé MILO**

MADE WITH WHOLE GRAIN WHEAT & CORN

LOOK AT OUR **4.0 STARS** WHOLE GRAIN ENERGY

**HEALTH STAR RATING 4.0**

**23 SERVINGS**

**700g**

NUTRITION INFORMATION	Average Quantity Per Serving	%DI* Per Serving	Avg Qty Per 30 g With 125 mL Reduced Fat Milk	%DI* Per 30 g With 125 mL Reduced Fat Milk	Average Quantity Per 100 g
Servings Per Pack: 23 Serving Size: 30 g					
Energy	480 kJ	6%	750 kJ	9%	1610 kJ
Protein	2.7 g	5%	7.4 g	15%	9.0 g
Fat, Total	1.4 g	2%	2.9 g	4%	4.8 g
- Saturated	0.4 g	2%	1.4 g	6%	1.3 g
Carbohydrate	21.5 g	7%	29.0 g	9%	71.5 g
- Sugars	8.1 g	9%	15.6 g	17%	26.9 g
Dietary Fibre	2.4 g	8%	2.4 g	8%	7.9 g
Sodium	34 mg	1%	81 mg	4%	110 mg