

# VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

## Label reading

### How to compare foods

Look at the 'per 100g' column to compare foods

Nutrition Information		
Servings per package: 16 Serving Size: 30g (2-3 cup)		
	Per serve	Per 100g
Energy	430kJ	1140kJ
Protein	3g	9.5g
<b>Fat</b>		
Total	0.5g	1.3g
Saturated	0.1	0.3g
<b>Carbohydrates</b>		
Total	19.1g	63g
Sugars	4.5g	12g
Fibre	6.5g	21.5g
Sodium	65mg	215mg
<b>Ingredients:</b> Cereals (80%) (wheat, oat, barley), sugar, rice, malt extract, honey, salt, vitamins, preservative		

**FAT** →  
Less than 3g

**FIBRE** →  
More than 3g  
per serve

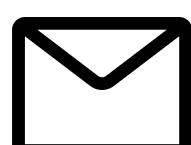
**SUGAR**  
Less than 5g



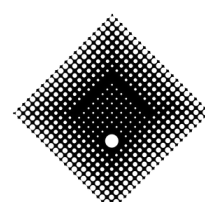
**SODIUM (SALT)**  
Less than 125mg



Find more information here: <https://livelighter.com.au/eating-well/shop-smart/understanding-food-labels>



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WESTERN VICTORIA  
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Supporting People with an Intellectual Disability to Access Health (SPIDAH)

