

### Nutrition know-how: Take home worksheet

Do you want to find out what the main ingredients in your food are? Would you like to know how much fat, sugar or salt is in your food? Do you know when to use your food by? Would you like to compare foods to find out which one is better for you? Do you want to find out the serving size of your food?

The answers to these questions can be found on packaging of food and drinks, you just need to know what to look for. Head to the pantry with your parent or guardian and take a look at some of your favourite foods – print out the following worksheet and have a go at analysing your food.

Name of food/product: \_\_\_\_\_

Use by date: \_\_\_\_\_

What is the recommended serving size? \_\_\_\_\_

How many servings per package? \_\_\_\_\_

How much energy? \_\_\_\_\_

How much protein? \_\_\_\_\_

How much fat? \_\_\_\_\_

How much sugar? \_\_\_\_\_

How much fibre? \_\_\_\_\_

How much sodium? \_\_\_\_\_

What does the ingredient list look like? \_\_\_\_\_

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**Reminder:** To stay healthy, choose mainly lower energy foods such as fruit and vegetable, bread, rice, pasta, low fat milk, beans, eggs, fish and chicken and meat (with the fat removed). Foods that are high in energy are important when you are active, still have lots of growing to do or if you need to put on some extra weight, but make sure to keep to the serving size and don't have them too often!

**Reminder:** Fat has a lot of energy, so if your food has a lot of fat in it, like chocolate, nuts, cream, fried foods and pastries, it is best to have it in a smaller serving size. Some fats are better than others. **Choose spreads and cooking fats from vegetable sources such as canola oil, rice bran oil, margarine.**

**Reminder:** Fibre is important for your bowels and for general health and wellbeing. **Choose foods that are higher in fibre, while making sure that you have plenty of water to drink.**

## Questions

### **How do I tell if a food has an acceptable amount of fat?**

Go to the **per 100g** column, and then go down to the line **Fat, total**. If the product has less than **10g per 100g** of total fat, it has an acceptable amount of fat.

### **How do I tell if a food has an acceptable amount of sugar?**

Go to the **per 100g** column, and then go down to the line **sugars** (under Carbohydrates). If the product has less than **15g per 100g** it has an acceptable amount of sugar (not including sweetened drinks such as fizzy drinks and cordial). This is less than 4 teaspoons of sugar per 100g.

### **How do I tell if a food has an acceptable amount sodium/salt?**

Go to the **per 100g** column, and then go down to the line **Sodium**. If the product has less than **400mg per 100g** it has an acceptable amount of sodium.

### **How do I tell if a food has an acceptable amount of fibre?**

Go to the **per 100g** column, and then go down to the line **Dietary fibre**. If the product is over **1.5g per 100g** it has a good amount of fibre.

### **What does the ingredient list tell me?**

This lists the ingredients from largest to smallest amounts. Generally choose foods where ingredients such as fruit, vegetables, low fat milk are listed in the largest amounts and where sugar and salt are listed in the smallest amounts.

### **How do I compare similar types of foods to find out which is best for me?**

Line up the nutrition information panels of the food you are comparing. Go to the **per 100g** column and compare each product for fat, sugars (under carbohydrate), sodium and dietary fibre. Generally the foods that are better for you have lower amounts of fat (especially saturated fat), sugar and sodium and higher amounts of fibre.

Next go to the ingredient list and compare where sugar and salt are in the list. Generally the foods that are better for you have these listed at the end, as they are present in the smallest amounts.