



# Reading Food & Drink Labels

Follow these steps to work out how many teaspoons of sugar are in different food and drinks

**Step 1.** Find the 'sugars' section on the nutrition label



This product has 36g of sugar per serve

NUTRITIONAL INFORMATION		
SERVINGS PER PACKAGE: 5		
SERVING SIZE: 200mL		
	PER SERVE	PER 100G
ENERGY	874 kJ	437 kJ
PROTEIN	208 Cal	104 Cal
FAT	10.6 g	5.3 g
CARBOHYDRATE	1.9 g	0.95 g
TOTAL	36.6 g	18.3 g
SUGARS	36.2 g	18.1 g
SODIUM	140 mg	70 mg
POTASSIUM	432 mg	216 mg

**Step 2.** Divide the amount of sugar by 4 to find out how many teaspoons:  $36 \div 4 = 9$

**Answer:** There are 9 teaspoons of sugar in this food!



Use the sugar 'per 100g' when comparing two products. The shopping guide below will help you choose the best.

	Low sugar 😊	Moderate sugar 😐	Too much sugar 😞
<b>FOOD</b> per 100g	5g or less	5.1 – 14.9g	15g or more
<b>DRINK</b> per 100mL	2.5g or less	2.6 – 7.4g	7.5g or more