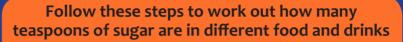




## Reading Food & Drink Labels



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



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 104 Cal **PROTEIN** 208 Cal 10.6 q 5.3 a CARBOHYDRATE 1.9 g 0.95 g TOTAL 36. 6 q 18.3 a 18.1 q

SUGARS 36.2 g SODIUM 140 mg **POTASSIUM** 432 mg

FAT

70 mg 216 mg



Divide the amount of sugar by 4 to find out Step 2. 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 🔄
FOOD per 100g	5g or less	5.1 – 14.9g	15g or more
DRINK per 100mL	2.5g or less	2.6 – 7.4g	7.5g or more