

# Nutrition information panel (NIP)

**The NIP provides information on the nutritional value of the food product.**

**This includes:**

- Serving size and servings per package
- Energy or caloric content
- Nutritional components, including carbohydrate, sugars, dietary fibre, protein, fat, saturated fat, cholesterol and sodium

**The amount of each nutrient is listed in two formats**

- Per 100g or per 100ml
- Per serving

