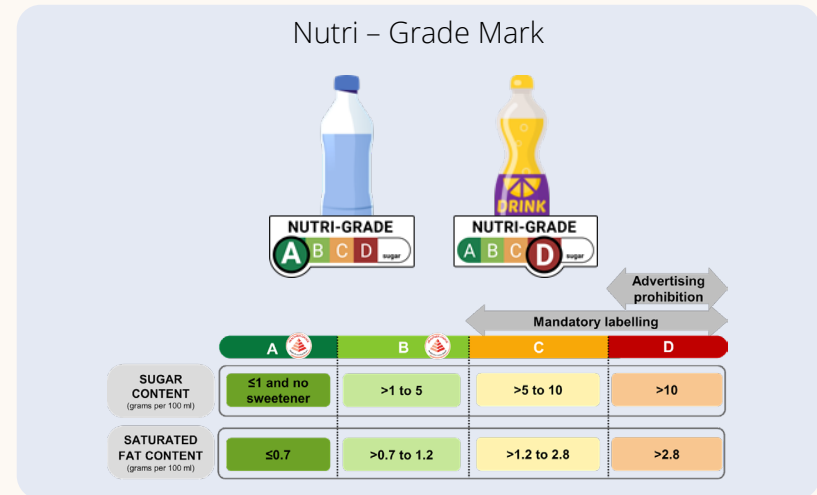


Food shopping tips for healthy eating

- Make a **shopping list** – plan in advance what you intend to prepare for every meal.
- **Avoid food shopping when you are hungry** as you will be likely to buy more food than required.
- **Choose fresh or frozen fruit and vegetables**
- Choose food items with **the Healthier Choice Symbol (HCS)** – these are healthier options compared to others in its category. Even if it's a healthier option, do eat it in moderation.
- **Reduce intake of pre-packaged beverages with Nutri-Grade mark C and D.** All pre-packaged beverages are graded from A to D (from healthiest to least healthy), based on their sugar and saturated fat contents. Look out instead for pre-packaged beverages with Nutri-Grade mark A and B or with the HCS logo.

For more information on Nutri-Grade mark, see <https://go.gov.sg/nutri-grade>.



Understanding food labels

Food labels provide nutritional information which can help you make informed decisions to choose healthier food products

Date Marking

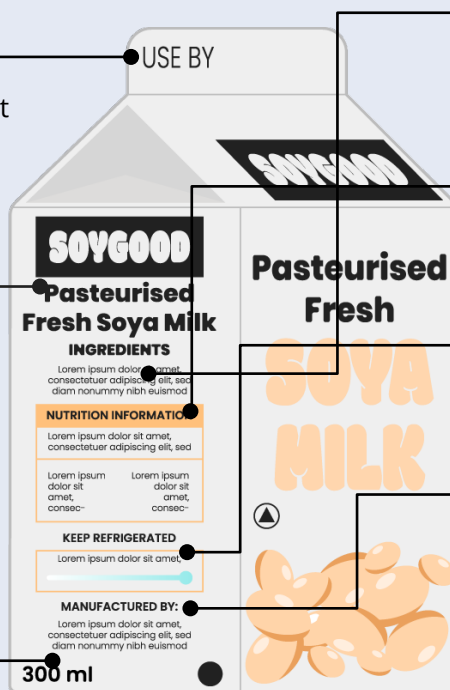
This is the 'Use by', 'Sell by' and 'Best Use Before' date. It gives the date by which the food should be eaten.

Product Name

Usually beside the brand name. Tells you what the food is.

Net Weight

This gives the actual weight of the food excluding the packaging. For canned foods packed in liquid, the net weight is the weight of the drained food.



Ingredient List

This shows all ingredients that make up the product. The ingredients are listed in descending order by weight.

Nutrition Information

This panel shows the nutrients found in one serving or in 100 g / 100 ml of the food.

Usage Instructions

These are instructions for storing or using the product.

Manufacturer's Details

Every label includes the name and address of the manufacturer, importer or distributor.

The ingredient list and nutrition information are particularly useful in making healthier food choices

Ingredient list

Ingredient lists are listed in descending order according to their weight or amount. Be aware that some ingredients, such as sugar and salt/sodium, can be listed as other names in different lists.

Sugar is also called:

- Glucose
- Sucrose
- Maltose
- Fructose
- Honey
- Agave nectar
- Brown sugar
- Golden syrup
- Corn syrup
- Rice syrup
- Maple syrup
- Invert sugar
- Fruit juice concentrate
- Molasses

Sodium is also called:

- Monosodium glutamate (MSG)
- Sea salt
- Rock salt
- Celery salt
- Table salt
- Himalayan pink salt
- Meat extract
- Stock cubes
- Baking soda
- Sodium bicarbonate
- Soy sauce
- Vegetable extract
- Yeast extract

Nutrition information panel (NIP)

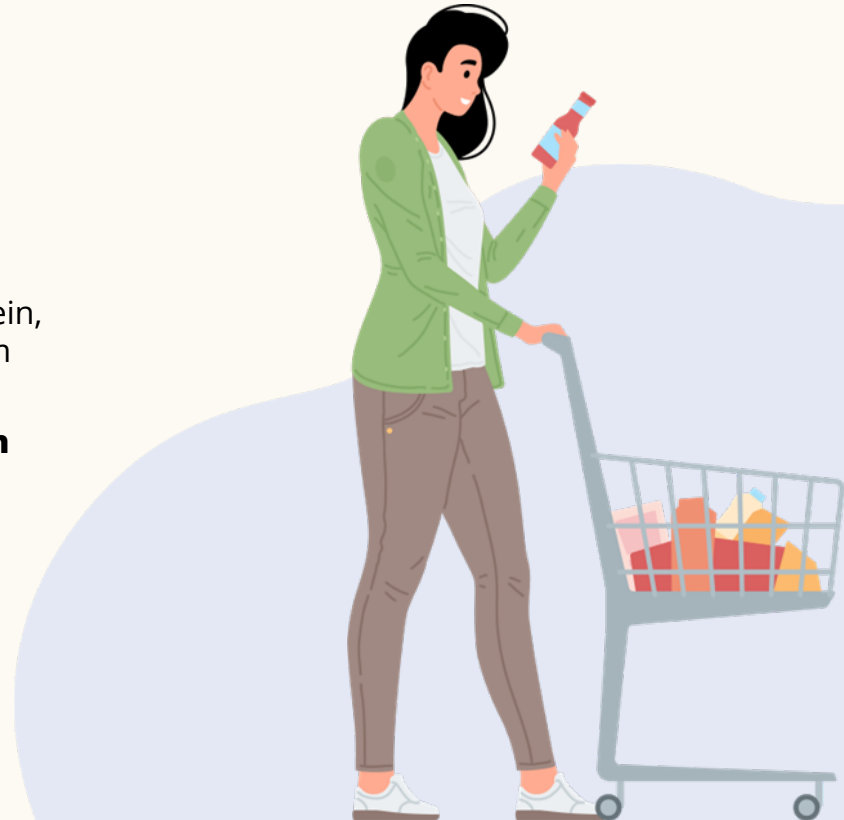
The NIP provides information on the nutritional value of the food product.

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



How to read food labels

Things to pay attention to:

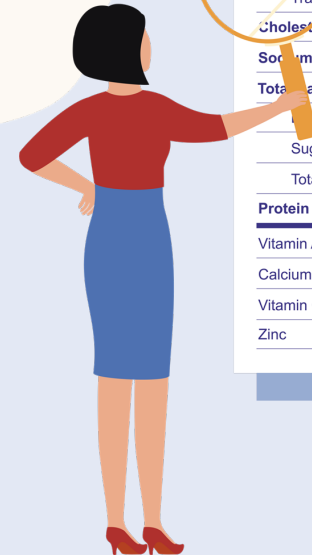
- **Ingredients list** – for example, sugar might be referred by another name such as sucrose
- **Serving size** – the food item may contain more than one serving size
- **Calorie (or energy) content**
- **Carbohydrate content**
 - ↳ **"Sugar-free" does not mean carbohydrate-free – starch also contributes to carbohydrate content**
 - ↳ **"No sugar added" does not mean no carbohydrates. The food item may contain naturally occurring sugars (e.g., fruit juices) or other carbohydrates such as starches**
 - ↳ Fat-free products can still have carbohydrates which contribute to caloric intake

Nutrition Facts

Servings Size 2/3 cup
Servings Per Container 6

Amount Per Serving
Calories 220

	% Daily Value
Total Fat 2g	6%
Saturated Fat 2g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	8%
Total Carbohydrate 20g	20%
Dietary Fiber 8g	16%
Sugars 18g	
Total Sugars 18g	18%
Protein 6g	
Vitamin A	20%
Calcium	6%
Vitamin C	6%
Zinc	16%



How to read food labels

- **Dietary fibre content** – high-fibre foods ($\geq 4\text{g}$ per serving) can slow the rise of blood sugar
- **Fat content** – foods low in total fat ($\leq 3\text{g}$ per 100g or $\leq 1.5\text{g}$ per 100ml) and saturated fat ($\leq 1.5\text{g}$ per 100g or $\leq 0.75\text{g}$ per 100ml) reduce the risk of heart disease
- **Sodium content** – choose low sodium foods ($\leq 120\text{mg}$ per 100g). Eating too much sodium can increase blood pressure



How to read food labels

Bread A

Wholemeal Bread



Nutrition Information

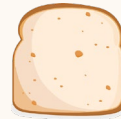
Servings per package: 7

Serving size: 2 slices (60g)

	Per serving	Per 100g
Energy	145 kcal*	242 kcal*
Protein	7.4 g	12.4 g
Total fat	1.4 g	2.3 g
Saturated fat	0.7 g	1.1 g
Trans fat	0 g	0 g
Cholesterol	0 mg	0 mg
Carbohydrate	28 g	48 g
Dietary fibre	3.6 g	6 g
Sodium	206 mg	344 mg

Bread B

White Bread



Nutrition Information

Servings per package: 7

Serving size: 2 slices (75g)

	Per serving	Per 100g
Energy	157 kcal*	314 kcal*
Protein	6.3 g	12.5 g
Total fat	3.7 g	7.3 g
Saturated fat	1.0 g	2.0 g
Trans fat	No data	No data
Cholesterol	0 mg	0 mg
Carbohydrate	26.3 g	52.6 g
Dietary fibre	1.9 g	3.7 g
Sodium	142 mg	285 mg

As the serving size of these two products differ, comparing them using the “per serving” values would be inaccurate.

- We can make a fair comparison only by using values in the “per 100g” column.
- Bread A contains lower fat, lower saturated fat and higher dietary fibre than Bread B. Thus, it is a healthier choice as compared to Bread B.

*1 kcal = 4.2kj

Sugar substitutes (1 of 2)

These are **sweeteners or substitutes** that you can use instead of sugar (e.g., table sugar, honey), and come in 2 categories:

1. Nutritive Sweeteners (also known as caloric sweeteners)

- They are digestible and **contribute to calories**
- **Sugar alcohol** is a commonly used nutritive sweetener
 - ↳ They are neither sugars nor alcohol like wine. Although they have fewer calories and are digested more slowly than sugar, they do contain calories and should not be consumed excessively
 - ↳ **Examples include:**
 - Xylitol (a natural sugar alcohol found in many fruits and vegetables)
 - Sorbitol (commercially produced from glucose)
 - Palatinose (derived from sugar beet)
- Allulose is an uncommon sugar naturally found in figs and raisins, and is much lower in calories compared to sucrose



Sugar substitutes (2 of 2)



2. Non-Nutritive Sweeteners

- These **do not contribute to calories**
- Artificial Intense - produced in the laboratory, and includes aspartame and sucralose
- Natural Intense - found in nature, and includes stevia and monk fruit

While sugar substitutes are not actually needed to help manage diabetes, they can be used to sweeten foods, as long as they are **used in small amounts** and generally eaten as part of a meal.

'De-junk' your kitchen



- 1. Avoid placing unhealthy snacks on your kitchen counter.** Replace with healthier alternatives - fruits, wholegrain bread etc.
- 2. Ensure fresh produce is at eye level** for easier access
- 3. Create a shopping list** - keeps you in check to avoid any temptations
- 4. Use smaller plates and bowls** - helps control portion to reduce calorie intake
- 5. Shop around supermarket perimeters to avoid shopping in the snack aisles** (these tend to be located in the middle aisles)
- 6. Avoid shopping when hungry** - your cravings could lead to unhealthy decisions or bingeing

[Source](#)