

# 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

