



What's in your food?

A lot is spoken about the breakdown of carbohydrates (sugar), protein, fat and fibre in the foods we eat.

The nutrition information panel on food packaging provides us with a lot of information to make healthy food choices. However, this only tells us part of the story!

If you want to know more about the foods you're buying, investigate a little further by reading through the product's ingredient list.

All ingredients are listed in descending order by weight, which means the ingredient listed first is present in the largest amount and the ingredient listed last is present in the least amount.

Try to avoid foods that are high in saturated fat, added salt or added sugars, which will be listed in the top three ingredients. Identifying these ingredients isn't always straight forward as they may be listed under alternative names...

- Other names for ingredients high in saturated fat: beef fat, butter, shortening, coconut or palm oil, copha, cream, lard, vegetable oils/fats, hydrogenated oils.
- Other names for added sugar: corn syrup, dextrose, fructose, glucose, golden syrup, honey, malt, mannitol, maple syrup, molasses, sucrose.
- Other names for added salt: baking powder, sodium, meat or yeast extract, monosodium glutamate (msg), sodium bicarbonate, sodium nitrate/nitrite, any other ingredient with salt in the name, e.g. celery salt, garlic salt, rock salt etc.

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