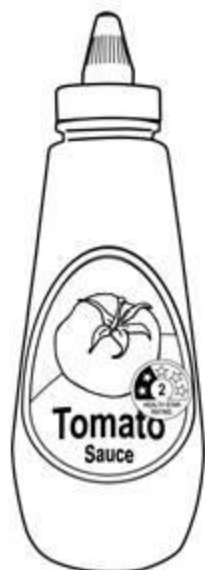


Get less salt - Food label reading workbook

Name:



NUTRITION INFORMATION	
Servings per pack: 4 / Serving size: 75g	
Per 100g	
Sodium	



A resource made with the help of the chronic disease group at Danila Dilba and patients at Nightcliff Renal Unit



Nutrition Information

Servings per pack

Cooked

Serving size 370g

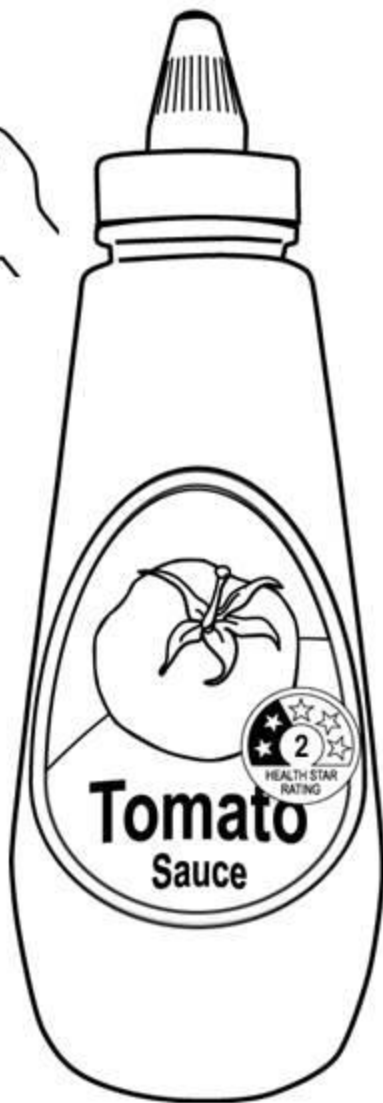
	Per serving 370g	% DI* Per serving	Per 100g
Energy	1350 kJ	16%	366 kJ
Protein	6.7g	13%	1.8g
Fat Total	13.7g	20%	1.7g
- Saturated	6.3g	26%	1.7g
- Trans	0.4g	-	<0.1g
Carbohydrate	43.7g	14%	11.8g
- Sugars	5.6g	6%	1.5g
Dietry fibre	3.0g	10%	0.8g
Sodium	1660mg	76%	473mg

*Percentage Daily Intakes are based upon an average adult diet of 8700 kJ

What is the food called?

Is the food salty or not salty?

NUTRITION INFORMATION	
Servings per pack: 4	Serving size: 75g
Per 100g	
Sodium	



NUTRITION INFORMATION

Servings per pack	25
Serving size	20ml

	Per serving	Per 100g
Energy	100 kJ (2.4 Cal)	500 kJ (120 Cal)
Protein	0.3g	1.6g
- gluten	0mg	0mg
Fat total	0.0g	0.1g
- saturated	0.0g	0.1g
Carbohydrate	5.6g	27.8g
- Sugars	4.4g	22.1g
Sodium	153mg	705mg

What is the food called?

Is the food salty or not salty?

NUTRITION INFORMATION	
Servings per pack: 4	Serving size: 75g
Per 100g	
Sodium	



NUTRITION INFORMATION

SERVINGS PER PACKAGE: 4

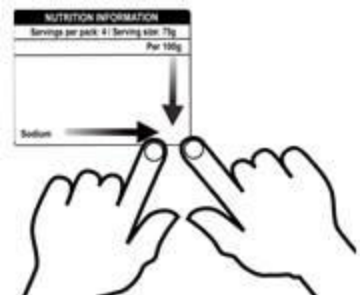
SERVING SIZE 85g

	AVG QUANTITY PER SERVING	AVG QUANTITY PER 100g
ENERGY	835 kJ	980 kJ
PROTEIN	16.7g	19.5g
FAT TOTAL	14.8g	17.4g
SATURATED	7.1g	8.4g
CARBOHYDRATE	0.1g	0.1g
- SUGARS	0.1g	0.1g
SODIUM	700mg	820mg
IRON	1 Serving 12% RDI*	1.8mg

*RECOMMENDED DIETARY INTAKE

What is the food called?

Is the food salty or not salty?



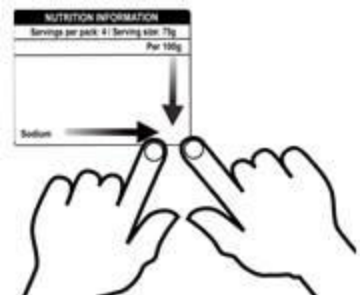
NUTRITION INFORMATION

SERVINGS PER PACKAGE: 2 SERVING SIZE 212g

	AVG QUANTITY PER SERVING	AVG QUANTITY PER 100g
ENERGY	599 kJ	282 kJ
PROTEIN	7.7g	3.6g
FAT TOTAL	5.4g	2.5g
SATURATED	2.7g	1.3g
CARBOHYDRATE	14.9g	7.0g
- SUGARS	2.6g	1.2g
DIETARY FIBRE	2.2g	1.0g
SODIUM	967mg	455mg

What is the food called?

Is the food salty or not salty?



NUTRITION INFORMATION

SERVINGS PER PACK: About 9

SERVING SIZE 25g (6 biscuits)

	QUANTITY PER SERVING	% DAILY INTAKE PER SERVING	QUANTITY PER 100g
ENERGY	488 kJ	5.6%	1,950 kJ
PROTEIN	1.9g	3.8%	7.6g
FAT TOTAL	4.6g	6.5%	18.3g
- SATURATED	1.0g	4.1%	3.9g
CARBOHYDRATE	16.5g	5.3%	66.0g
- SUGARS	1.5g	1.7%	6.0g
SODIUM	123mg	5.3%	490mg

*BASED UPON AN AVERAGE ADULT DIET OF 8700 kJ

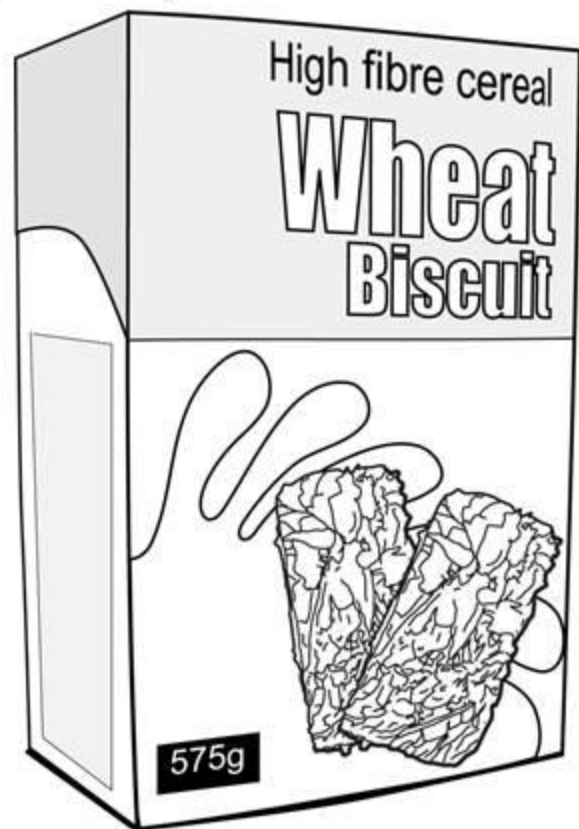
ALL VALUES CONSIDERED AVERAGE UNLESS OTHERWISE INDICATED



What is the food called?

Is the food salty or not salty?

NUTRITION INFORMATION	
Servings per pack: 4	Serving size: 75g
Per 100g	
Sodium	



NUTRITION INFORMATION (AVERAGE)

average serving size 30g (2 biscuits)

	quantity per serving	% daily intake per serving	quantity per 100g
ENERGY	492 kJ	5%	1490 kJ
PROTEIN	4.1 g	8%	12.4 g
FAT TOTAL	0.5 g	0.7%	1.4 g
- SATURATED	0.1 g	0.4%	0.3 g
CARBOHYDRATE	22.3 g	7%	67 g
- SUGARS	1.1 g	1%	3.3 g
DIETARY FIBRE	3.5 g	11%	11 g
SODIUM	95 mg	4%	290 mg

What is the food called?

Is the food salty or not salty?

NUTRITION INFORMATION	
Servings per pack: 4 Serving size: 175g	Per 100g
Sodium	



NUTRITION INFORMATION

SERVINGS PER TUB: 1 SERVING SIZE 175g

	AVG QUANTITY PER SERVE	AVG QTY. PER 100g
ENERGY	1345 kJ (325 Cal)	529 kJ (127 Cal)
PROTEIN	12.2g	4.8g
GLUTEN	0g	0g
FAT TOTAL	24.5g	9.7g
SATURATED	16.5g	6.5g
CARBOHYDRATE	13.2g	5.2g
- SUGARS	13.2g	5.2g
- ADDED SUGARS	0g	0g
DIETARY FIBRE	0g	0g
SODIUM	144mg	57mg
CALCIUM	580mg	162mg
	50% RDI*	

*RECOMMENDED DIETARY INTAKE
NATURAL YOGHURT

What is the food called?

Is the food salty or not salty?

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Use of resource:

Get less salt – Label reading workbook provides practice using a Nutrition Information Square

Purpose of resource:

To help chronic kidney disease patients, the general public and school children learn how to read food labels and make better food choices

Content

- Provide a workbook containing examples to provide practice reading the sodium content on Nutrition Information Squares and identify foods with 400gm or less of salt.

Key skills (Competencies):

A patient or anyone who is making food choices should be able to:

- Complete the workbook with help or on their own.
- Tell you whether the salt in 100gm of the food is more or less than 400gm.
- Tell you why they would or wouldn't choose that food.
- Tell you why reading Nutrition Information Squares is important.
- Tell you how making good choices could help them live longer.

Key Health Messages

- Hidden salt will make your kidneys sicker quicker.
- Reading the Nutrition Information Square is important as it tells you how much Sodium (Salt) is in the food.
- Food with less than 400g of sodium per 100g is better for your kidneys.
- A low salt diet keeps your kidneys **stronger for longer**.

Tips

- Use the workbook before trying to use examples of real packaged food examples.
- Each label is based upon a real food label. They all have a little bit different formatting which may confuse some people using this resource. **Check that this is not a problem.**
- Some people may find the Corned Beef and Yoghurt nutrition labels a bit tricky.
- Star ratings have not been included because there are many variations on how the star rating is displayed on packaging. This could be confusing.

Target group:

This resource is designed to be used by any Australians especially people who have chronic kidney disease (CKD).

It can be used for health promotion, especially with children in the last years of primary and throughout middle school.

Early intervention is critical as referrals to a renal specialist are often too late and the damage to a person's kidneys may already be very advanced.

Notes:

This resource is designed to be printed A4 size.

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