



Nutrition Information Panels



Nutrition Information Panels provide information on the (average) amount of nutrients in food, such as protein, fat, carbohydrate, sugars, and sodium (salt).

1 The serving size is worked out by the manufacturer of the food. This means that serving sizes vary between products. You can use the serving size to calculate your daily amount of a nutrient.

2 A Nutrition Information Panel includes the amount of energy (in kilojoules or calories) from each nutrient, which is released when the food is used by the body.

What's in a potato?

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 8.6
SERVING SIZE: 175G

	Average quantity per serving*	Average quantity per 100g	%RDI**
ENERGY	610kj	349kj	
PROTEIN	3.67g	2.1g	
FAT - total	0.24g	0.14g	
- saturated	nil	nil	
Carbohydrate	31.8g	18.2g	
- sugars	0.3g	0.2g	
Fibre	3.17g	1.81g	
Sodium	7mg	4mg	
Potassium	792.7mg	453mg	
Vitamin C	19.9mg	11.4mg	49.8%
Vitamin B1	1.4mg	0.8mg	127%
Folate	21.9µg	12.5µg	11%

* Average when cooked – baked, boiled, microwaved, roasted
** RDI - Recommended Dietary Intake

goodness never tasted better

5 + a DAY fresh fruit & vegetables

3 The panel must have the average amount of a nutrient per serving.

4 The panel also must have the quantity of a nutrient per 100 grams. This lets you compare the nutrient content of similar products. The figures in the 100-gram column are percentages, so if it says 1 gram of fat, it is 1% fat.

Foods that don't need a Nutrition Information Panel include:

- unpackaged food such as fruit and vegetables
- herbs, spices, water, tea, or coffee, because they are in small packages and have little nutritional value
- food that is made and sold on site, such as bread in a bakery.

