

EAT SMART

KNOWING WHAT NUTRITION INFORMATION TO LOOK FOR CAN HELP YOU CHOOSE HEALTHY FUEL FOR YOUR BODY

HEALTH STAR RATING BASED ON CALCULATING TOTAL:

All of these are calculated per 100g/100ml

- ★ Energy
- ★ Saturated Fat
- ★ Sodium (Salt)
- ★ Total Sugars
- ★ The quantities of these components determines the number of stars for the product and (depending on the category) protein/fibre/fruits and/or vegetable content

To compare similar products use the 100g/100ml column as the serving size varies with products.

Comparing ingredient and nutrition information enables you to make healthy food choices.

Nutrition information

Servings per package:	3.75	
Serving Size:	40g (About 15 Chips)	
	Avg.Quantity per serving	Avg.Quantity per 100g
Energy	841kJ	2100kJ
Protein	2.7g	6.7g
Fat - Total	12.6g	31.6g
- Saturated	5.7g	14.2g
Carbohydrate	18.0g	44.9g
- Sugars	1.0g	2.6g
Sodium	226mg	564mg
Ingredients:	Potatoes, Vegetable Oil, Salt, Flavours	

The system scores the nutritional value of packaged food out of 5. (5 stars is best)



The Health Star Rating is a government led initiative designed to help consumers choose between similar products when they are shopping



INGREDIENTS ARE LISTED IN DESCENDING ORDER

FOOD LABELS

provide a wide range of information about our products to help us with our food choices