

Nutritional Labels 101

Learn how to read the nutritional information on food packaging, so you can make informed decisions when shopping for healthy, child-friendly snacks!



Tip 1: Look at the ingredients



Look out for the first few ingredients on the list, because it forms the bulk of what's inside your child's snack. They should be whole-food based ingredients.

Steer clear of those that contain sugars, sodium, high-fructose corn syrup and artificial sweeteners at the front of the list.

Tip 2: Check the nutritional information panel



Check out the actual nutritional value of your product and it will be ideal if it contains protein, calcium and fibre.

Look at the amount of calories per serving and compare it to your child's recommended dietary allowances.

Watch out for added sugars and trans fat, which provide empty calories and no nutritional value.

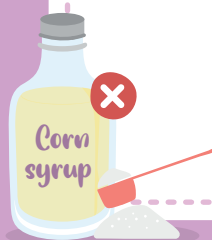
Tip 3: Look out for the healthier choice symbol



Snacks with the Healthier Choice Symbol (HCS) on the packaging are lower in saturated fat, sodium and/or added sugar.

They are also usually packaged in smaller, snacking-friendly servings.

Always remember moderation is key.



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The World Health Organisation recommends continued breastfeeding for up to two years or longer.