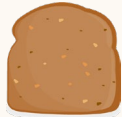


# How to read food labels

## Bread A

Wholemeal Bread



### Nutrition Information

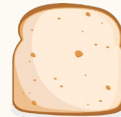
Servings per package: 7

Serving size: 2 slices (60g)

	<b>Per serving</b>	<b>Per 100g</b>
Energy	145 kcal*	242 kcal*
Protein	7.4 g	12.4 g
Total fat	1.4 g	2.3 g
Saturated fat	0.7 g	1.1 g
Trans fat	0 g	0 g
Cholesterol	0 mg	0 mg
Carbohydrate	28 g	48 g
Dietary fibre	3.6 g	6 g
Sodium	206 mg	344 mg

## Bread B

White Bread



### Nutrition Information

Servings per package: 7

Serving size: 2 slices (75g)

	<b>Per serving</b>	<b>Per 100g</b>
Energy	157 kcal*	314 kcal*
Protein	6.3 g	12.5 g
Total fat	3.7 g	7.3 g
Saturated fat	1.0 g	2.0 g
Trans fat	No data	No data
Cholesterol	0 mg	0 mg
Carbohydrate	26.3 g	52.6 g
Dietary fibre	1.9 g	3.7 g
Sodium	142 mg	285 mg

**As the serving size of these two products differ, comparing them using the “per serving” values would be inaccurate.**

- We can make a fair comparison only by using values in the “per 100g” column.
- Bread A contains lower fat, lower saturated fat and higher dietary fibre than Bread B. Thus, it is a healthier choice as compared to Bread B.

\*1 kcal = 4.2kj