

Food Nutrition Labelling Example

Nutritional Information

Servings per package – 8
Average serving size – 31g (1 bar)

	quantity per serving	% daily intake per serving	quantity per 100g
ENERGY	551kJ	5%	1780kJ
PROTEIN	1.1g	2%	3.6g
FAT, TOTAL	3.7g	4%	12.0g
SATURATED	2.5g	8%	8.0g
CARBOHYDRATE	23g	6%	74.4g
SUGARS	11g	9%	35.6g
DIETARY FIBRE	0.3g	0.8%	1.1g
SODIUM #	62mg	2%	200mg

Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your Daily Intakes may be higher or lower depending on your energy needs.

Ingredients:

Rolled oats (70%), sugar, vegetable fat, milk solids, cocoa powder, emulsifier (soy lecithin 476, 492) modified wheat starch (1412), linseed fibre (6%), natural flavour.

Made on machinery that also processes, tree nuts, seeds, egg and milk.
Best before: Sept 2020
Made in Australia from local and imported ingredients.

Munching Monkeys

Snack Bar

Contains no artificial colours, flavours or preservatives.

180g, 8 bars

ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
551kJ	1.1g	3.7g	2.5g	23g	11g	62mg
DI* 5%	DI* 2%	DI* 4%	DI* 8%	DI* 6%	DI* 9%	DI* 2%