

Food Nutrition Labelling

Healthier Choices

Corn Chips

Servings per container: 6.2

Serving size: 26g (about 11 chips)

Typical values	Average quantity per serving	% Daily Intake	Average quantity per 100g
Energy	559kJ	7%	2150kJ
Protein	2g	5%	7.6g
Fat, total	6.7g	10%	25.8g
- saturated	3.3g	15%	12.5g
Carbohydrates	15.9g	5%	61.0g
- sugars	0.9g	1%	3.5g
Fibre	1.0g	3%	3.7g
Sodium	100mg	4%	384mg

Fat	A healthier choice is to choose products with the lowest saturated fat content with no more than 5-10g fat, per 100g in total.
Sugar	A healthier choice is to look for products with less than 10g of sugar per 100g.
Fibre	Fibre is good for our bodies. A healthier choice is to choose products with 3g of fibre per 100g or higher.
Salt	A healthier choice is to choose products with the lowest amount of sodium (salt) - less than 400mg per 100g. There are 1000mg in 1g.