

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.

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.



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		

INGREDIENTS ARE LISTED IN DESCENDING ORDER

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