



## Hoekom is dit belangrik om voedsel-etikette te lees?

Om te leer hoe om voedsel-etikette te lees en te verstaan, kan jou help om gesonder keuses te maak.

Dit kan jou help om voedsel-items of komponente wat jy wil vermy of waarvoor jy allergies is, te vermy of te beperk.

Ingevolge Suid-Afrikaanse wetgewing moet voedsel-etikette die volgende bevat: die naam van die produk; die naam en adres van die vervaardiger of verspreider; 'n lys van al die bestanddele, waar van toepassing; gebruiksaanwysings; bewaringstoestande, indien enige; en 'n verval datum, indien van toepassing.

Indien die voedsel-item enige algemene voedselallergene bevat, byvoorbeeld grondbone, neute, eiers, vis, soja, gluten, enige noemenswaardige grane (soos koring) en suiwelprodukte, moet dit verklaar word.

Die bestanddele word in dalende volgorde volgens massa gelys. Dit beteken dat die hoofbestanddeel eerste gelys moet word, ensovoorts tot by die kleinste bestanddeel. Indien 'n voedsel-item soos pastasous vet (olie, hidrogeneerde plantolie, verromer, vetpoeier) redelik bo-aan die lys (*m.a.w. onder die eerste drie items*) het, kan dit baie vet bevat.

Buiten die voedingsinligtingtabel het baie voedsel-items deesdae ook voedingsaansprake wat deur die vervaardiger gemaak word. Hierdie aansprake kom tipies in advertensies vir die voedsel-item voor of in die promosiekopie op die verpakking self. Voedingsaansprake soos 'hoog in vesel', 'lae natrium' en 'laevet' moet vergesel word van 'n voedingstabel wat die aanspraak staaf, en die logo's van endosserende liggeme moet deur die Direkteur-Generaal van die Departement van Gesondheid goedgekeur word.

Hier is 'n paar wenke oor hoe om die inligting op die voedsel-etiket optimaal te benut:

## Begin hier

Let op die grootte van 'n enkele porsie en hoe baie porsies daar in die pakkie is. Kyk ook na die porsiegrootte en hoe baie porsies jy werkelik inneem. Indien jy 'n dubbele porsie eet, neem jy ook dubbel soveel energie in.

Dit kan jou help om voedsel-items of komponente wat jy wil vermy of waarvoor jy allergies is, te vermy of te beperk.

Ingevolge Suid-Afrikaanse wetgewing moet voedsel-etikette die volgende bevat: die naam van die produk; die naam en adres van die vervaardiger of verspreider; 'n lys van al die bestanddele, waar van toepassing; gebruiksaanwysings; bewaringstoestande, indien enige; en 'n verval datum, indien van toepassing.

Indien die voedsel-item enige algemene voedselallergene bevat, byvoorbeeld grondbone, neute, eiers, vis, soja, gluten, enige noemenswaardige grane (soos koring) en suiwelprodukte, moet dit verklaar word.

Die bestanddele word in dalende volgorde volgens massa gelys. Dit beteken dat die hoofbestanddeel eerste gelys moet word, ensovoorts tot by die kleinste bestanddeel. Indien 'n voedsel-item soos pastasous vet (olie, hidrogeneerde plantolie, verromer, vetpoeier) redelik bo-aan die lys (*m.a.w. onder die eerste drie items*) het, kan dit baie vet bevat.

Buiten die voedingsinligtingtabel het baie voedsel-items deesdae ook voedingsaansprake wat deur die vervaardiger gemaak word. Hierdie aansprake kom tipies in advertensies vir die voedsel-item voor of in die promosiekopie op die verpakking self. Voedingsaansprake soos 'hoog in vesel', 'lae natrium' en 'laevet' moet vergesel word van 'n voedingstabel wat die aanspraak staaf, en die logo's van endosserende liggeme moet deur die Direkteur-Generaal van die Departement van Gesondheid goedgekeur word.

Hier is 'n paar wenke oor hoe om die inligting op die voedsel-etiket optimaal te benut:



## Totale energie

Voedsel-items wat 'n groot hoeveelheid vet of suiker bevat, moet beperk word.

• Onthou dat jy voedsel-items wat 'n bietjie suiker bevat om hul smaak te verbeter, mag geniet, veral as hulle laag in vet is, 'n lae GI het en hoog in vesel is (*bv. gebakte boontjies, ontbytgraan, laevet-jogurt*). Die Glicsemiese Indeks (GI) is 'n aanduiding van hoe vinnig en in watter mate 'n koolhidraat bloedglukosevlakke beïnvloed. Deur lae-GI-koolhidraat kombinasie met laevetkosse te neem, kan hartgesondheid en bloeddruk verbeter word. Vir diegene wat gewig wil verloor: lae-GI-koolhidraat word stadier verteer, kan meer vullend wees en verlaag insulenvlakke (*'n vetopgaarder*), wat met gewigsverlies kan help.

## Vette: Belangrike feite oor vet wat ons van voedsel-etikette kan kry

Vetinname moet beperk word, veral versadigde- en trans-vette soos dié in diervette, volroomsuwelprodukte, sjokolade, klapper, harde margarien, gebak (*bv. pasteteie en koekies*) en palmolie (*bv. koffieverromers en kunsroom*).

- Sommige voedsel-items sal "geen bygevoegde suiker" aandui nie, maar sal steeds hoog in natuurlike suiker (*bv. vrugtesuiker*) wees. Hierdie opsies is nie ideaal nie. Alle suiker moet in ag geneem word wanneer jy 'n maaltydplan uitwerk.
- "Bygevoegde suiker" verwys na suiker, heuning, molasse, gekleurde suiker, vrugtesapkonsentraat, ontgeurde en/of gedieboniseerde vrugtesap of die konsentraat daarvan, hoë-fruktose-mieliestroop of enige ander stroop. Die aanspraak "geen bygevoegde suiker" kan slegs gemaak word indien geeneen van die bogenoemde by die produk bygevoeg is nie.
- Voedsel-items wat "lig" (light/lite), "dieceet" of "lae-energie" gemerk is, is gewoonlik (maar nie altyd nie) geskik. Byvoorbeeld, dieetkoeldrankne is toelaatbaar maar sekere "dieceet"-voedsel-items (*bv. dieetsjokolade*) is relatief hoog in kilojoules in vergeleke met baie ander beskikbare opsies en is dus nie 'n goeie keuse indien jy kilojoule-inname wil beperk nie.



## Vette: Belangrike feite oor vet wat ons van voedsel-etikette kan kry

Vetinname moet beperk word, veral versadigde- en trans-vette soos dié in diervette, volroomsuwelprodukte, sjokolade, klapper, harde margarien, gebak (*bv. pasteteie en koekies*) en palmolie (*bv. koffieverromers en kunsroom*).

Bepaal hoeveel vet die voedsel-item bevat; vergelyk byvoorbeeld die hoeveelheid vet per 100 g van verskillende handelsmerke. Probeer oor die algemeen om slegs voedsel-items met < 3 g vet per 100 g van die voedsel-item te koop. Onthou dat sommige voedsel-items wat dalk nie vetterig smaak nie, hoog in verskuilde vet kan wees – lees dus altyd die voedsel-etiket.

## Twee ontbytgraan-voorbeelde:

BREAKFAST CEREAL		
Rolled Oats, Wheat Flakes and Barley Flakes with S		
TYPICAL NUTRITIONAL INFORMATION (as packed)		
	PER 100 g	PER 20 g SERVING
Average values		
Energy (kJ)	2369	474
Protein (g)	1.4	0.3
Glycaemic carbohydrate (g)	61.1	12.2
of which total sugar (g)	57.6	11.5
Total fat (g)	35.0	7.0
of which saturated fat (g)	0.1	0.6
of which trans fat (g)	0.3	<0.1
of which monounsaturated fat (g)	19.1	3.8
of which polyunsaturated fat (g)	7.5	1.5
Dietary fibre (g)	0.9	0.2
Total sodium (mg)	6	3

wholewheat Bran Flakes		
TYPICAL NUTRITIONAL INFORMATION (as packed)		
	per 100 g	per single serving
Energy (kJ)	1266	15.6
Protein (g)	15	0.7
Glycaemic carbohydrate (g)	61.6	12.3
of which total sugar (g)	57.6	11.5
Total fat (g)	1.6	0.1
of which saturated fat (g)	0.2	0.1
of which monounsaturated fat (g)	0.3	0.1
of which polyunsaturated fat (g)	0.1	0.0
Dietary fibre (g)	2.3	0.4
Total sodium (mg)	25	0.6

## Natrium

Dit is uit natrium en chloried saamgestel. Natrium het kommer begin wek aangesien oormatige natrium in die diet tot hoë bloeddruk en ander verwante siektes kan lei. Lees die voedingstabel op die etiket en vind uit hoeveel milligram natrium (*Na*) die voedsel-item bevat. Vermenigvuldig hierdie getal met 2,5 om die hoeveelheid sout in milligram te kry (deel deur 1000 om die soutwaarde in gram te kry).

## Natrium

Sout is uit natrium en chloried saamgestel. Natrium het kommer begin wek aangesien oormatige natrium in die diet tot hoë bloeddruk en ander verwante siektes kan lei. Lees die voedingstabel op die etiket en vind uit hoeveel milligram natrium (*Na*) die voedsel-item bevat. Vermenigvuldig hierdie getal met 2,5 om die hoeveelheid sout in milligram te kry (deel deur 1000 om die soutwaarde in gram te kry).

## SUIKER

Verlaagde suiker

Geen bygevoegde suiker

## VET

Vetvry

Laevet

Verlaagde vet of minder vet

Laag in versadigde vet

Maer

Ekstra maer

## CHOLESTEROL

Cholesterolvry

Laag in cholesterol

## NATRIUM

'Feitlik vry van natrium'

Baie lae natrium

Lae natrium

Verlaagde of minder natrium

## VESEL

Hoog in vesel

Bron van vesel

Vitamiene en minerale

Bron van

Hoog in

## Natrium

beteken dit dat een porsie van die produk die volgende bevat ... "voedingsaanspraak" verwys na 'n aanspraak wat die vlak van 'n voedingstof of energie wat 'n voedingsmiddel bevat, beskryf

## SUIKER

Ten minste 25% minder suiker per porsie as die oorspronklike produk

## GEEN BYGEOEGDE SUIKER

Geen suiker in enige vorm is as 'n bestanddeel bygevoeg nie

## VET

Minder as 0.5 g vet per 100 g

3 g vet of minder per 100 g vaste stof

1.5 g vet of minder per 100 ml vloeistof

## VERLAAGDE VET OF MINDER VET

Ten minste 25% minder vet as die gewone produk

## LAAG IN VERSADIGDE VET

1.5 g versadigde vet of minder per 100 g, met nie meer as 10% van die totale energie van versadigde vet

## MAER

## Why is it important to read food labels?

Learning how to read and understand food labels can help you make healthier choices.

It can help you to avoid or limit foods or components that you want to avoid, or are allergic to.

According to South African legislation, food labels must carry the name of the product; the name and address of the manufacturer or distributor; a list of all ingredients, where applicable; instructions for use; storage conditions, if any, and a sell-by or best-before date if this applies.

If there are any common food allergens in the food, such as peanuts, tree nuts, eggs, fish, soya, gluten, any significant cereals (such as wheat) and dairy products, these must be declared.

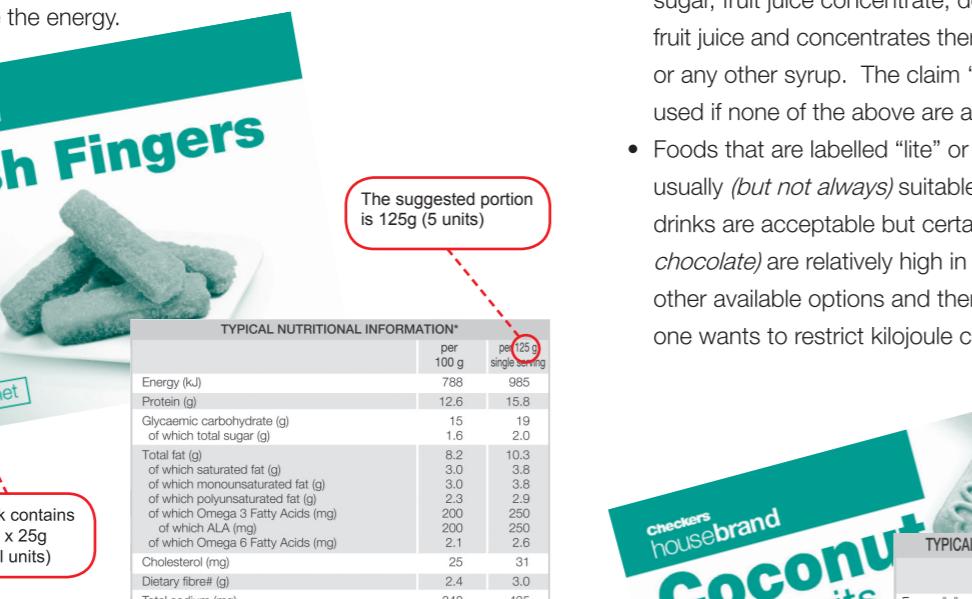
The list of ingredients is printed in descending order according to mass. This means that the main ingredient needs to appear first, and so on right down to the smallest one. If a food such as a pasta sauce has fat (oil, hydrogenated vegetable fat, creamer, fat powder) near the top of the list (i.e. listed amongst the first 3 items), it could contain a lot of fat.

In addition to the Nutritional Information Table, a lot of foods today also come with nutrient content claims provided by the manufacturer. These claims are typically featured in ads for the foods or in the promotional copy on the food packages themselves. Nutritional claims such as 'high in fibre', 'low sodium' and 'low fat' must be accompanied by a nutritional table to substantiate the claim, and logos of endorsement bodies must have been approved by the Director-General of the Department of Health.

Here are some tips for making the most of the information on the food label:

## Start here

Note the size of a single serving and how many servings are in the package. Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the energy.



## Total Energy

Foods that contain a high quantity of fat or sugar should be kept to a minimum.

- Remember that foods that contain a little sugar to improve the taste can be enjoyed, especially if they are low in fat, have a low GI and are high in fibre (e.g. baked beans, breakfast cereal, low fat yogurt). The Glycaemic Index (GI) is a measure of how fast, and to what extent, a carbohydrate food affects blood glucose levels. By choosing low GI carbohydrates in combination with low-fat foods, heart health and blood pressure may be improved. For those wanting to lose weight, low GI carbohydrate foods digest slower, may be more filling and reduce insulin levels (a fat storer) which may enhance weight loss.

- Some foods will say "no added sugar" but will still be high in natural sugar (e.g. fruit sugar). These options are not ideal. All sugar should be taken into consideration when planning the overall meal plan.

- Added sugar is defined as sugar, honey, molasses, coloured sugar, fruit juice concentrate, defloured and/or de-ionised fruit juice and concentrates thereof, high fructose corn syrup or any other syrup. The claim 'no added sugar' can only be used if none of the above are added to the product.

- Foods that are labelled "lite" or "diet" or "low energy" are usually (but not always) suitable. For example, diet cold drinks are acceptable but certain "diet" foods (e.g. diet chocolate) are relatively high in kilojoules compared to many other available options and therefore not a good choice if one wants to restrict kilojoule consumpt.

**TWO EXAMPLES OF BREAKFAST CEREAL:**

TYPICAL NUTRITIONAL INFORMATION (as packed)		
Average values	per 100 g	per 50 g Serving
Energy (kJ)	2369	474
Protein (g)	1.4	0.3
Glycaemic carbohydrate (g)	61.1	12.2
of which total sugar (g)	57.6	11.5
Total fat (g)	35.0	7.0
of which saturated fat (g)	0.1	0.1
Of which monounsaturated fat (g)	1.4	0.3
Of which polyunsaturated fat (g)	5.4	1.1
of which Omega 3 Fatty Acids (mg)	0.6	0.1
of which ALA (mg)	0.1	0.02
of which Omega 6 Fatty Acids (mg)	3.4	0.7
Cholesterol (mg)	2.0	0.4
Dietary fibre (g)	2.1	0.4
Total sodium (mg)	250	50

TYPICAL NUTRITIONAL INFORMATION (as packed)		
Average values	per 100 g	per 9 g single serving (1+ biscuit)
Energy (kJ)	1987	179
Protein (g)	7.5	0.7
Carbohydrate (g)	68	6
of which total sugar (g)	20.7	1.9
Total Fat (g)	19.0	1.7
of which Saturated Fat (g)	10.7	1.0
Dietary fibre (g)	3.0	0.3
Total Sodium (mg)	391	35

**FATS: Important facts about fat that we can get from food labels:**

Fat intake should be limited, especially saturated- and trans fats found in animal fats, full cream dairy products, chocolate, coconut, hard margarine, full cream products, baked goods (e.g. pies and cookies) and palm oils (e.g. coffee creamers and artificial cream).

Determine how much fat is in the food; for example, compare the amount of fat in 100g of different brands of food. In general, aim to purchase only food with  $\leq 3\text{g}$  fat per 100 g of the food item. Remember that some foods that may not taste fatty can be high in hidden fat – thus always check food labels.

## Sodium

It means that one serving of the product contains..."nutrient content claim" means a claim that describes the level of a nutrient or energy contained in a foodstuff

If a food claims to be...	It means that one serving of the product contains..."nutrient content claim" means a claim that describes the level of a nutrient or energy contained in a foodstuff
Reduced Sugar	At least 25% less sugar for each serving than the original product
No added sugar	Sugar in any form has not been added as an ingredient
<b>FAT</b>	
Fat free	Less than 0.5 grams of fat per 100g/ml
Low fat	3 grams of fat or less per 100g solid 1.5g or less per 100 ml liquids
Reduced fat or less fat	At least 25 percent less fat than the regular product
Low in saturated fat	1.5 gram of saturated fat or less per 100g, with not more than 10 percent of the total energy coming from saturated fat
Lean	Less than 10 grams of fat per 100g
Extra lean	Less than 5 grams of fat per 100g
Light (lite)	At least 25% kilojoules
<b>CHOLESTEROL</b>	
Cholesterol free	Less than 5 milligrams of cholesterol per 100g/ml
Low cholesterol	20 mg or less per 100 g (solids) 10 mg or less per 100 ml (liquids)
<b>SODIUM</b>	
'Virtually free from Sodium'	Less than 5 milligrams of sodium per 100g
Very low sodium	Less than 40 mg of sodium per 100 g
Low sodium	Less than 120 mg of sodium per 100 g
Reduced or less sodium	At least 25 % less sodium than the regular product
<b>FIBRE</b>	
High fibre	At least 6 g of fibre per 100 g
Source of fibre	At least 3 g of fibre per 100 g
Vitamins and minerals	Vitamins and minerals which are present either naturally or added by means of enrichment or food fortification
Source of	15-30% of NRV (Nutrient Reference Values)
High in	More than 30% of the NRV per nutrient per portion



For more information on healthy living kindly contact Nutrition Information Centre Stellenbosch University (Nicus) on [021 933 1408](tel:0219331408) or send an email to [nicus@sun.ac.za](mailto:nicus@sun.ac.za)

Should you have any comments on our range of consumer leaflets, please write to Sarita van Wyk at: Shoprite Checkers Communications Department, PO Box 215, Brackenfell 7561 [www.checkers.co.za](http://www.checkers.co.za)

# Verstaan Voedsel-etikette & Gesondheids Eise

Checkers housebrand

wholewheat Bran Flakes

Buttermilk Rusk

Coconut biscuits

NUTRITION INFORMATION CENTRE NICUS

May 2014 - hamdelongroup.co

Checkers better and better