

Read a Food Label for One Real Question

First decide what you are looking for; then open only the fields that answer the question.



WHAT AM I TRYING TO FIND OUT?

Example: "Which of these two similar breads provides more fibre on the same comparison basis?"

THE LABEL IS A MAP - NOT A FOOD SCORE

NUTRITION INFORMATION

Check the basis: per 100 g / 100 ml
Serving information is additional context.

Energy ...

Fat / saturates ...

Carbohydrate / sugars ...

Fibre* ...

Protein ...

Salt ...

*The field may be available depending on the product/label. Read only what answers the question.

INGREDIENTS Generally listed in descending order by weight at manufacture; list position alone does not show the exact amount of each ingredient and is not a toxicity ranking.

1

Formulate one question

Do not start by reviewing every number.

2

Compare on the same basis

Usually per 100 g/100 ml; use serving information only when comparable and useful.

3

Open the relevant field

For example: fibre, protein, salt, sugars, saturates, ingredients or allergens.

4

Return the choice to real life

Cost, taste, access, use and the whole dietary pattern also matter.

TWO MORE CHECKS

- are the values for the dry or prepared product?
- how many declared servings are in the pack?



THE FRONT OF PACK IS A START, NOT PROOF

A marketing or nutrition claim does not, by itself, establish the product's overall value.

Which Field Answers the Question?

Compare genuinely comparable products and leave room for cost, taste, access and safety.

QUESTION → FIELD

I AM COMPARING PROTEIN / FIBRE / SALT

- choose similar products
- compare on the same basis
- the serving is additional context

I AM LOOKING FOR A SPECIFIC INGREDIENT

- read the ingredient list
- Generally listed in descending order by weight at manufacture; list position alone does not show exact quantities.
- do not turn it into a toxicity ranking

I AM CHECKING FORTIFICATION

- is the nutrient named?
- what amount is stated?
- does the substitute perform the required function?

I HAVE A CONFIRMED ALLERGY

- read the allergen information
- check the cross-contact warning
- follow the medical emergency plan

ILLUSTRATIVE COMPARISON - ONE QUESTION

Question: which of two similar breads states more fibre per 100 g?

PRODUCT A

Fibre: 6.0 g / 100 g

PRODUCT B

Fibre: 3.2 g / 100 g



CONCLUSION FOR THIS QUESTION ONLY

A states more fibre on the same basis. This does not make A "good" or B "bad", and it does not override taste, cost, use or the whole dietary pattern.



ALLERGY SAFETY

A label does not diagnose allergy, and this guide does not authorise a food challenge. For a known allergy, follow the qualified medical plan; for an emergency reaction, follow the local emergency protocol.