

Demystifying popular food claims

Things aren't always what they seem...

Light or Lite:

This doesn't always mean low in calories or low in fat. The product might just be light in colour, texture or flavour.

Low Sodium/Salt

The claim of low sodium or low salt can only be made if the food product has no more than 120mg of sodium per 100g.

No Added Sugar:

No sugars have been added, however the product may still contain natural sugars, for example fruit juices.

Low Fat:

3g of fat or less per 100g of the food product.

Diet:

These products usually have artificial sweeteners added in place of sugar.

Reduced Fat:

25% less fat than the regular version of the product and at least 3g less fat per 100g of food.

Gluten Free vs. Low Gluten:

If a food product claims to be gluten free then by Australian law the food is required to contain no detectable gluten. If a product promotes itself as low gluten the content of the food is required to contain less than 20mg of gluten per 100g of food.

greenstuff nutrition

Dietetics done differently.

