



Nestlé Healthy Kids

In Collaboration with:



MINISTRY OF
EDUCATION
MALAYSIA



Nutrition Society of Malaysia



Level 3

TOPIC 2: Read Labels on Food Packaging

Information On Food Packaging

USE BY/GUNA SEBELUM 19.5.2016

Date Label

Name of Food

WHOLEMEAL BISCUIT
BISKUT MIL PENUH

Deli

High in Vitamin A, Iron, Calcium & Dietary Fibre
Kaya dengan Vitamin A, Zat besi, Kalsium & Serat

Nutrition Information Panel

Nutrition Information / Maklumat Pemakanan

Serving size/Saiz hidangan: 5 pieces/5 keping (20 g)
Servings per package/Jumlah hidangan setiap packet: 5

Nutrients/Nutrien	Per / Setiap 100g	Per serving/ Setiap hidangan (20g)
Energy / Tenaga (kcal)	525	105
Carbohydrate / Karbohidrat (g)	56.2	11.2
Protein (g)	8	1.6
Fat / Lemak (g)	29.8	6
Vitamin A (µg)	312	62.4
Vitamin B1 (mg)	0.42	0.09
Vitamin B2 (mg)	0.67	0.13
Calcium / Kalsium (mg)	240	48
Iron / Zat besi (mg)	4.2	0.84
Fiber / Serat (g)	4.2	0.84

Ingredients List

INGREDIENTS: Wholemeal flour, vegetable oil (palm oil), sugar, malt extract, salt, yeast, vitamins (A, B1 & B2) & minerals (Calcium & Iron), contains permitted food conditioner (sodium bicarbonate) and emulsifier (disodium diphosphate).
RAMUAN: Tepung gandum penuh, minyak sayuran (minyak kelapa sawit), gula, ekstrakmalt, garam, yis, vitamin (A, B1 & B2), mineral (Kalsium & Iron), mengandungi kondisioner makanan (sodium bikarbonat & sodium asid pyrofosfat) yang dibenarkan.

Halal Logo



Made in Malaysia/Buatan Malaysia
Manufactured by/Dikilang oleh:
Lot 20-11, Jalan NHK,
23411 Shah Alam,
Selangor, Malaysia.

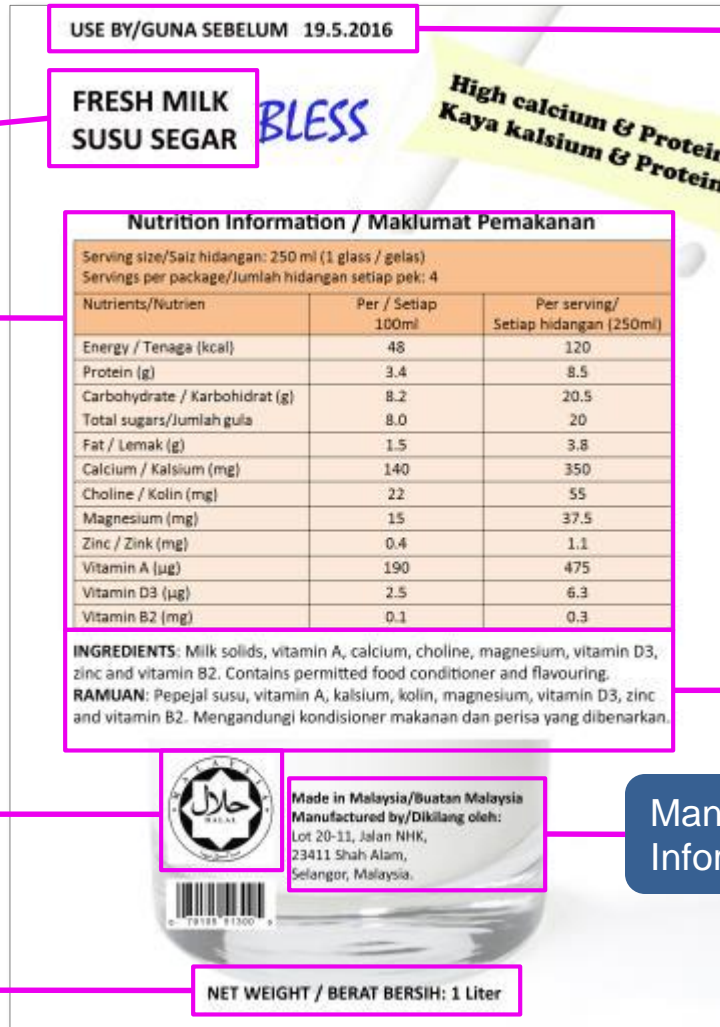
Manufacturer Information

Net Weight

NET WEIGHT / BERAT BERSIH: 100g



Information On Food Packaging



Date Label

Name of Food

Nutrition Information Panel

Ingredients List

Halal Logo

Manufacturer Information

Net Weight

USE BY/GUNA SEBELUM 19.5.2016

FRESH MILK
SUSU SEGAR

BLESS

High calcium & Protein
Kaya kalsium & Protein

Nutrition Information / Maklumat Pemakanan

Serving size/Saiz hidangan: 250 ml (1 glass / gelas)
Servings per package/Jumlah hidangan setiap pek: 4

Nutrients/Nutrien	Per / Setiap 100ml	Per serving/ Setiap hidangan (250ml)
Energy / Tenaga (kcal)	48	120
Protein (g)	3.4	8.5
Carbohydrate / Karbohidrat (g)	8.2	20.5
Total sugars/Jumlah gula	8.0	20
Fat / Lemak (g)	1.5	3.8
Calcium / Kalsium (mg)	140	350
Choline / Kolin (mg)	22	55
Magnesium (mg)	15	37.5
Zinc / Zink (mg)	0.4	1.1
Vitamin A (µg)	190	475
Vitamin D3 (µg)	2.5	6.3
Vitamin B2 (mg)	0.1	0.3

INGREDIENTS: Milk solids, vitamin A, calcium, choline, magnesium, vitamin D3, zinc and vitamin B2. Contains permitted food conditioner and flavouring.
RAMUAN: Pepejal susu, vitamin A, kalsium, kolin, magnesium, vitamin D3, zinc and vitamin B2. Mengandungi kondisioner makanan dan perisa yang dibenarkan.



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Selangor, Malaysia.

NET WEIGHT / BERAT BERSIH: 1 Liter



1. Name of Food & Halal Logo

Do not confuse name of food with brand

Name of food must be given accurately

Halal logo provides assurance that the food/drink is Halal



2. Net Weight

- The actual weight of the food
- Measurements used are:

Foods → g or kg

Drinks → mL or L



3. Date Label

- Expiry date determines the quality or freshness of the food
- Common terms that are used include:
 - Expiry date (*Tarikh luput*)
 - Use by (*Guna sebelum*)
 - Consume by (*Makan/Minum sebelum*)
 - Best before (*Baik sebelum*)
- Avoid buying or eating food / drinks that have past the expiry date



4. List of Ingredients

- Ingredients contained in the food/drink
- Ingredients are listed from the highest to lowest content
- Food additives such as preservatives, colouring and food flavourings are also listed

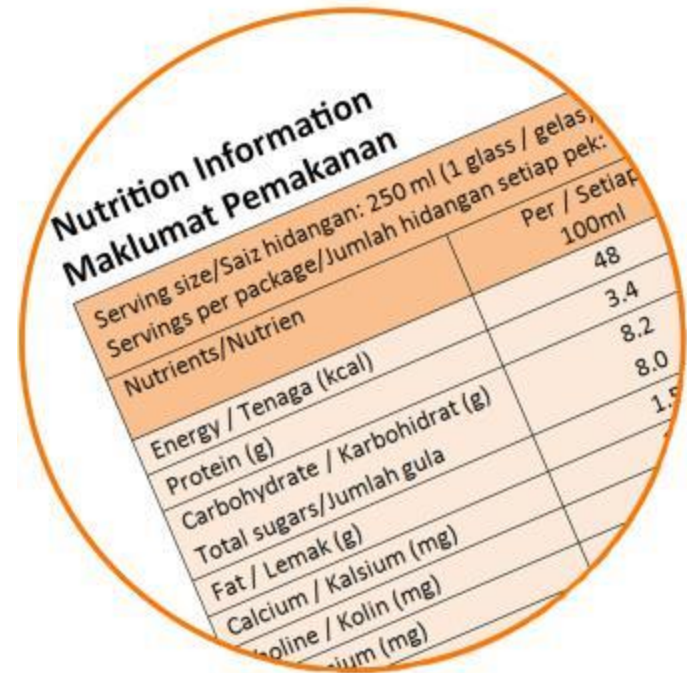
INGREDIENTS: Milk solids, vitamin A, calcium, choline, magnesium, vitamin D3, zinc and vitamin B2. Contains permitted food conditioner and flavouring.

RAMUAN: Pepejal susu, vitamin A, kalsium, kolin, magnesium, vitamin D3, zinc and vitamin B2. Mengandungi kondisioner makanan dan perisa yang dibenarkan.



5. Nutrition Information Panel

- Provides a **list of nutrients** contained in the food
- It is compulsory to list the **energy, carbohydrate, protein** and **fat** contents in the food
- It is also compulsory to list **sugar content** for ready-to-drink beverages
- Other nutrient contents such as vitamins, minerals and fibre must also be listed.



Nutrition Information Maklumat Pemakanan	
Serving size/Saiz hidangan: 250 ml (1 glass / gelas, Servings per package/Jumlah hidangan setiap pek:	
Nutrients/Nutrien	Per / Setiap 100ml
Energy / Tenaga (kcal)	48
Protein (g)	3.4
Carbohydrate / Karbohidrat (g)	8.2
Total sugars/Jumlah gula	8.0
Fat / Lemak (g)	1.5
Calcium / Kalsium (mg)	
Choline / Kolin (mg)	
Iron / Besi (mg)	



6. Manufacturer Information

- Full name and address of the manufacturer must be listed
- As a reference in case there are any issues or doubts about the food product

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Importance of Reading Food Labels

- To know the ingredients and nutrient contents in the food
- To compare the nutritional values of different brands for the same product
- To choose healthier food/drinks



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www.healthykids.org.my

