

Macronutrients

Protein



Fats



Carbohydrates



Fibre



Micronutrients

Fat soluble Vitamins



Water soluble vitamins



Preparation and cooking and nutritional value



Micronutrients Continued

Calcium

Iron

Sodium

Fluoride

Phosphorus

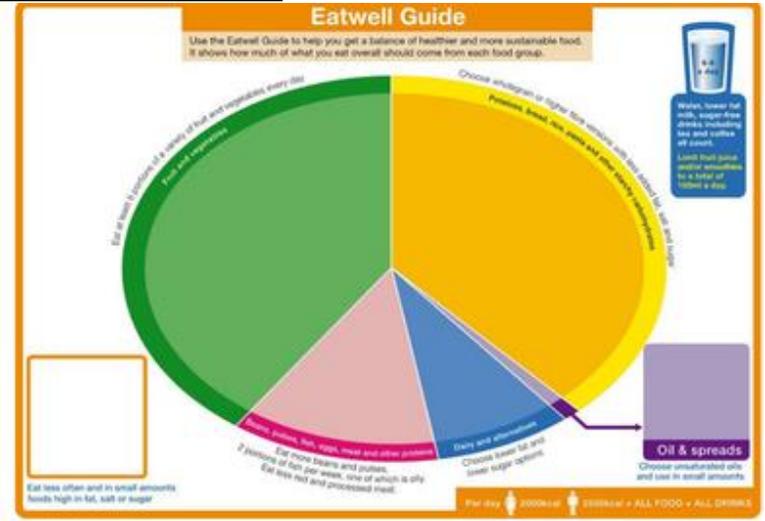
Water



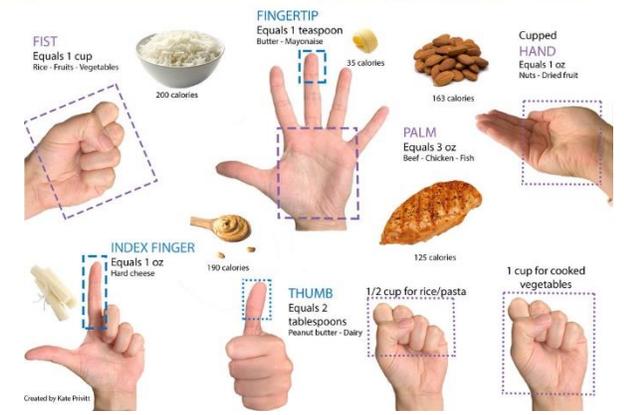
8 Government Guidelines for healthy eating:

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Dietary Guidelines



Meal planning, portion size and cost



Dietary needs throughout life



Baby and toddler



Child 4-12



Teenager



Adult



Elderly (65+)

Energy Needs



Special Diets



Nutritional Analysis

Nutritional Analysis of meals

Nutrition Facts

Serving Size **Box (g)**

Amount Per Serving

Calories Calories from Fat

%Daily Value*

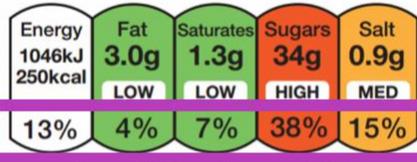
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Sugars 0g	0%
Protein 0g	
Vitamin A	0%
Vitamin B	0%
Vitamin C	0%
Vitamin D	0%

* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:

Total Fat	Less than
Sat Fat	Less than
Cholesterol	Less than
Sodium	Less than
Total Carbohydrate	
Dietary Fiber	

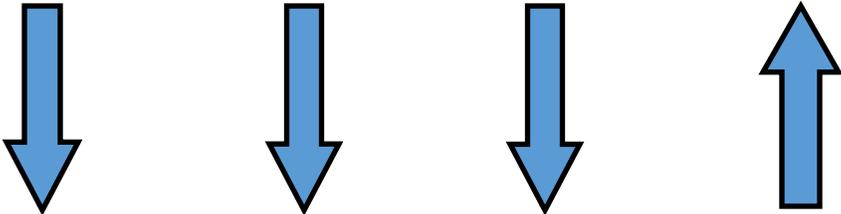
Each serving (150g) contains



of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

How to make a meal healthier:



Dietary Conditions

Obesity:

Cardiovascular Disease:

Stroke:

Bone Health

Iron Deficiency Anaemia

Type 2 Diabetes