

# Nutrition information

Approximate recommended dietary intakes for an average adult

The table below shows what to look for on the nutrition information panel, taking into account the recommended dietary intake (RDI), based on the daily energy intake for the average adult diet of 8700kJ. Your individual dietary requirements may be higher or lower depending on your age, gender, height, weight and physical activity levels.

## UNDERSTANDING % RDI

Recommended dietary intakes are the levels of intake of essential nutrients that adequately meet the nutritional needs of practically all healthy people. Values are dependent on age and gender.

**ENERGY**  
Varies depending on your height, weight, gender and activity levels. See 'How much do I need to eat?' below for guidelines.

**PROTEIN**  
Women: 45–60g/day.  
Men: 65–80g/day.

**PER SERVE**  
Use the per serve column to compare the amount of food you actually eat.

**PER 100g**  
Use this to compare the nutritional content of different brands.

**FAT**  
Should be 30% of total energy intake, that is 70g/day.

**SATURATED FAT**  
Should be less than 10% of your total energy intake, that is less than 23g/day.

**SODIUM**  
Should be 920–1600mg per day. This figure may be lower for people on low-sodium diets.

**ENERGY**  
45–60% of total energy intake (230–310g/day).

**FIBRE**  
Women: 25g/day.  
Men: 30g/day.

**CALCIUM**  
Women 50+ & men 70+: 1300mg.  
All other adults: 1000mg.

**IRON**  
Women 19–50: 18mg.  
Women & men 50+: 8mg.

NUTRITION INFORMATION (AVERAGE)		Per Serve	Per 100g
Serving per pack: 17		Serving Size: 30g	
ENERGY		500kJ	1660kJ
PROTEIN		5.3g	17.7g
FAT Total		1.0g	3.3g
Saturated fat		0.1g	0.4g
CARBOHYDRATE		21.5g	71.6g
Sugars		7.2g	24.0g
DIETARY FIBRE		0.7g	2.4g
SODIUM		153mg	510mg
THIAMIN (Vitamin B1)		0.22mg (20% RDI)*	0.73mg
CALCIUM		160mg (20% RDI)*	533mg
IRON		3mg (25% RDI)*	7.5mg

\* Percentage of Recommended Dietary Intake (RDI)

## How much do I need to eat?

The amount of energy you need each day to maintain your weight depends on your age, gender, height, weight and physical activity level. Your weight history can also influence your daily energy requirements. The information above is for the **average adult**, so will need to be adjusted.

**If you are older**, you will need to reduce your kilojoule intake by around 500kJ (female) or 1300kJ (male) – this will vary depending on how active you are.

**If you are younger**, males should be consuming about 800kJ more, while females should maintain approximately the same kilojoule content as mentioned for the 31- to 50-year-old females.

Gender	Height	Age	Weight	Activity	kJ per day
Female	1.6m	31-50	60kg	Sedentary*	7600
				Moderate activity**	9800
Male	1.9m	31-50	80kg	Sedentary*	8300
				Moderate activity**	10700

\* Sedentary – seated work with little or no strenuous leisure activity.

\*\* Moderate activity – standing or walking work or sedentary work with regular exercise of at least 30 minutes.

**Please note:** Average energy intakes vary between individuals, therefore please use this information as a guide only. If you are unsure of how to interpret this information, consult a dietitian ([www.daa.asn.au](http://www.daa.asn.au)) or your GP for your own personalised advice and guidance.