

**NOTE:** The panels below are example only. NMI recommends consultation with Section 1.2.8 of the Food Standard Code and/or contact with Food Standards Australia New Zealand. This will be necessary in circumstances where additional nutritional claims are to be made in respect to cholesterol, vitamin content, omega fatty acids etc. All values given are Average Values when prepared as per instruction.

**EXAMPLE NUTRITION PANEL FOR PRODUCT**

**Vegetarian Burrito**

LRN V10/002031

<b>NUTRITION INFORMATION</b>		
Serving size: XXg		Serves per pack: X
	Per Serving:	Per 100g
ENERGY	Calculate	560kJ
PROTEIN	the	4.3g
FAT	figures based	2.7g
Saturated Fat		0.7g
CARBOHYDRATE - Total	on the amount per	21g
SUGARS - Total		3g
DIETARY FIBRE		3.4g
SODIUM	Serving	190mg

**Supplementary Information**

Mono trans fats		0.2g
Mono-unsaturated fat		0.8g
Omega 3 fats		0.1g
Omega 6 fats		0.8g
Poly trans fats		<0.1g
Poly-unsaturated fat		0.9g
Trans fats		0.2g