

## Daily Intake Guide Example

Kilojoules 695 kJ	Protein 9.8g	Fat 3g	Sat. Fat 2.2g	Carbs 24.3g	Sugars 5.5g	Sodium 106mg
DI* 8%	DI* 20%	DI* 4%	DI* 9%	DI* 8%	DI* 6%	DI* 5%

This number tells you the actual amount found in one serve of the food you are about to eat.

This is the % of your recommended total % Daily Intake\* (%DI) found in this food.

\*Percentage daily intakes are based on an average adult diet of 8700 kJ.

8700 kJ	50g	70g	24g	310g	90g	2300mg
Kilojoules	Protein	Fat	Sat Fat	Carbs	Sugars	Sodium

This is the recommended Daily Intake for an average adult in one day:

DIG is a guide to help you make informed choices about the food you eat. Percent Daily Intake levels are based on an average adult diet of 8700 kJ.

### What is the Daily Intake Guide (DIG) ?

[www.mydailyintake.net](http://www.mydailyintake.net)