

# Daily Intake Guide

Healthy eating, made easy.



PER 60g SERVE

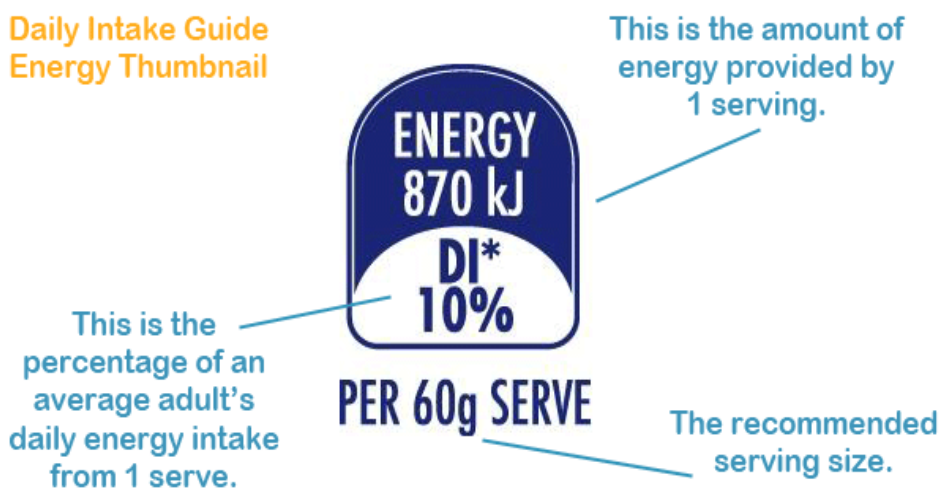
Use the Daily Intake Guide (DIG) to access quick and easy information about the energy (kilojoule) and nutrient content of your food and drink per serve. You'll find Daily Intake Guide thumbnails on the front-of-pack on thousands of products on your local supermarket shelves.

Daily Intakes - or DIs - are a set of reference values for acceptable intakes of energy and a variety of nutrients, including protein, fat, saturated fat, carbohydrates, sugars, fibre and sodium.

DI values are based on an average adult's daily requirement of 8700kJ. Your DIs may be higher or lower depending on your energy needs.

Calculate your individual Daily Intake needs on [www.mydailyintake.net](http://www.mydailyintake.net).

Daily Intake Guide  
Energy Thumbnail



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

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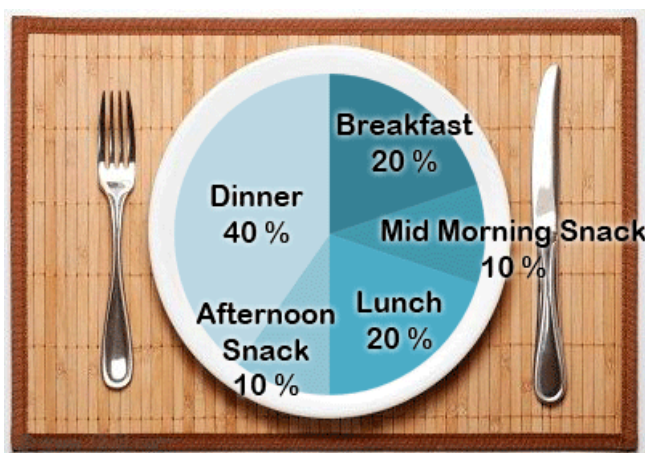
This is the recommended Daily Intake for an average adult in one day:



When you're choosing foods and drinks, take a look at the DIG thumbnail for energy. It can be easier to look at the % Daily Intake for energy and compare to the % of energy recommended for that meal instead of thinking about what you need for a whole day.

The Daily Intake Guide has been developed to show you how you can distribute your energy intake over a day (see graphic below). It's based on 3 meals plus 2 smaller in-between meal snacks.

You can modify the guide to adapt it to your eating pattern on a given day. For example if you have a large breakfast (more than 20% of your daily energy needs), you will need to modify (reduce) your intake amount for mid-morning and afternoon snacks, lunch or dinner. It's common sense - and now easier to understand with DIG!



## Did you know?

Protein, fats and carbohydrates are converted into energy in different quantities.

Vitamins and minerals are also essential nutrients for the body, but they are not converted into energy.

## Energy Content

1 gram of protein = 17 kJ

1 gram of fat = 37 kJ

1 gram of carbohydrate = 17kJ

1 gram of alcohol = 29 kJ

## Alcohol - second only to fat!

Did you know alcohol has many more kilojoules than other types of foods? On this list, alcohol has the second highest energy content per gram - second only to fat!

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