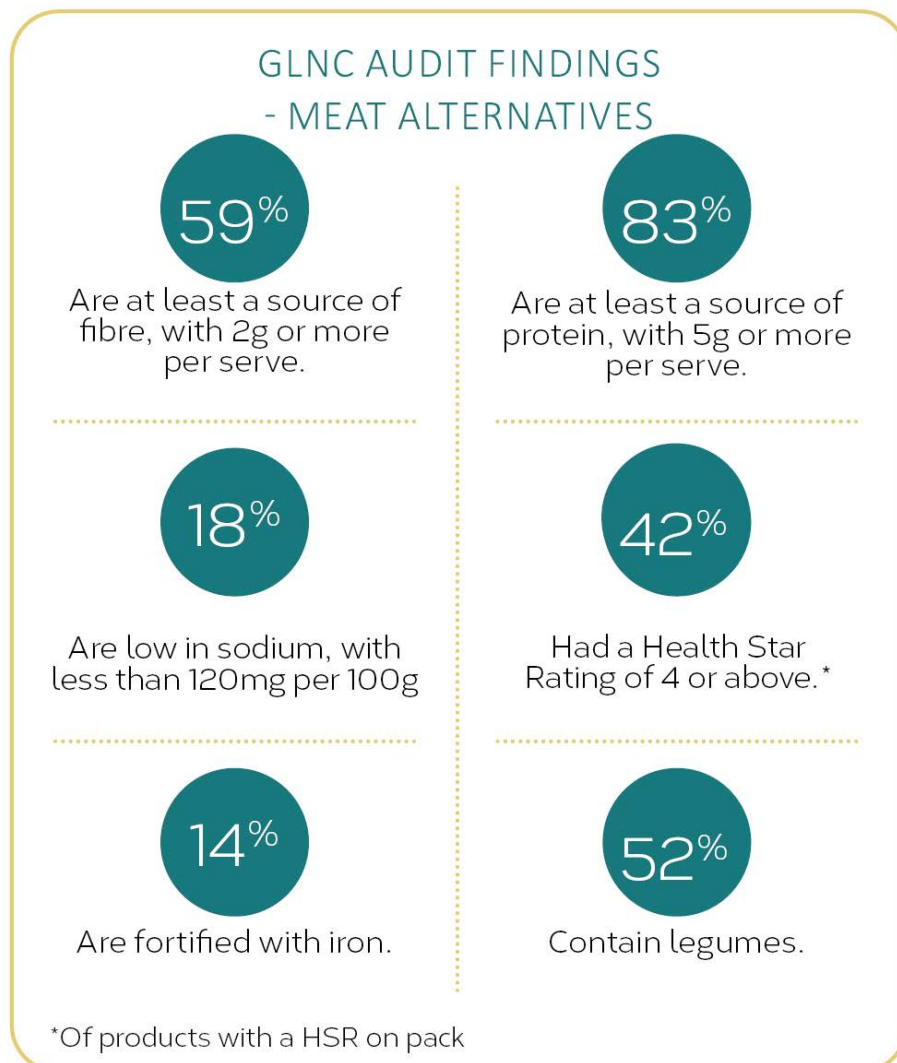


GLNC PRODUCT AUDIT HIGHLIGHTS

GRAIN SNACKS - MARCH 2020

“Snackification” is one of four main trends in food and nutrition, with more than 80% of Australians consuming snacks daily. In fact, it is thought that Aussies consume 10.7kg of snacks per year¹. In March 2020, GLNC audited 195 grain snacks from four major supermarkets in Sydney, by collecting product information in store and online. Read on for a summary of the audit, including nutritional comparisons per 100g.

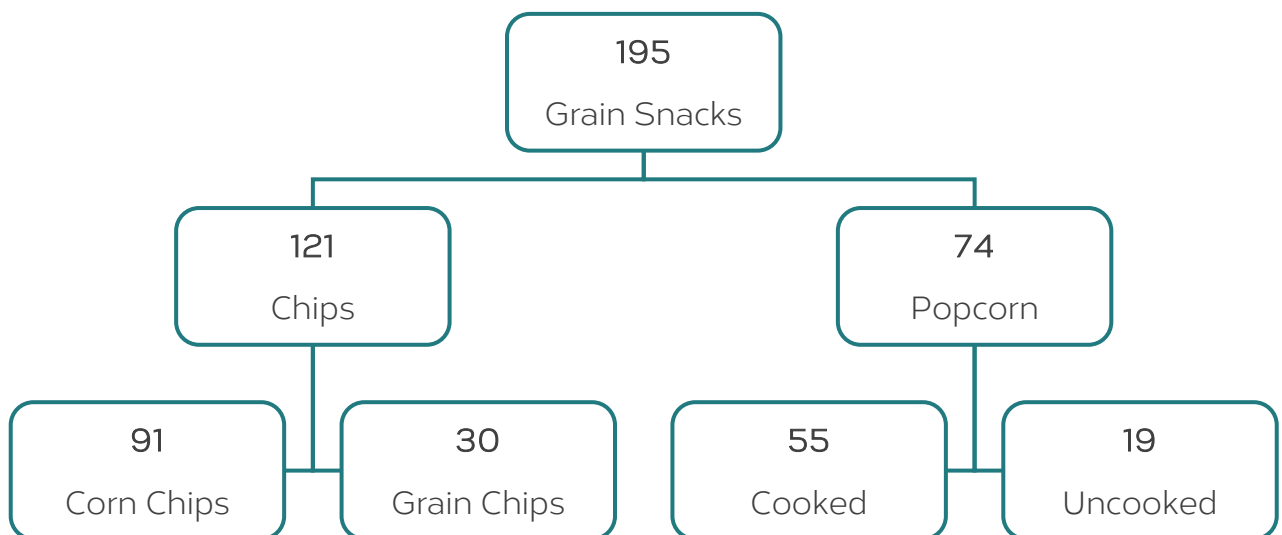


¹ Statista 2020. Snack Food Australia. <https://www.statista.com/outlook/40110000/107/snack-food/australia?currency=aud>

TOP TIPS

- Choose whole grain: Whole grain snacks are higher in protein and dietary fibre, lower in sodium and have a higher HSR compared to non-whole grain snacks.
- Popcorn can be an excellent snack but be mindful of the flavoured varieties that tend to be higher in added sugar and sodium. Unsalted/lightly salted varieties are best.
- Check for saturated fat and sodium content
 - Look for saturated fat less than 3g per 100g
 - Look for sodium less than 400mg per 100g

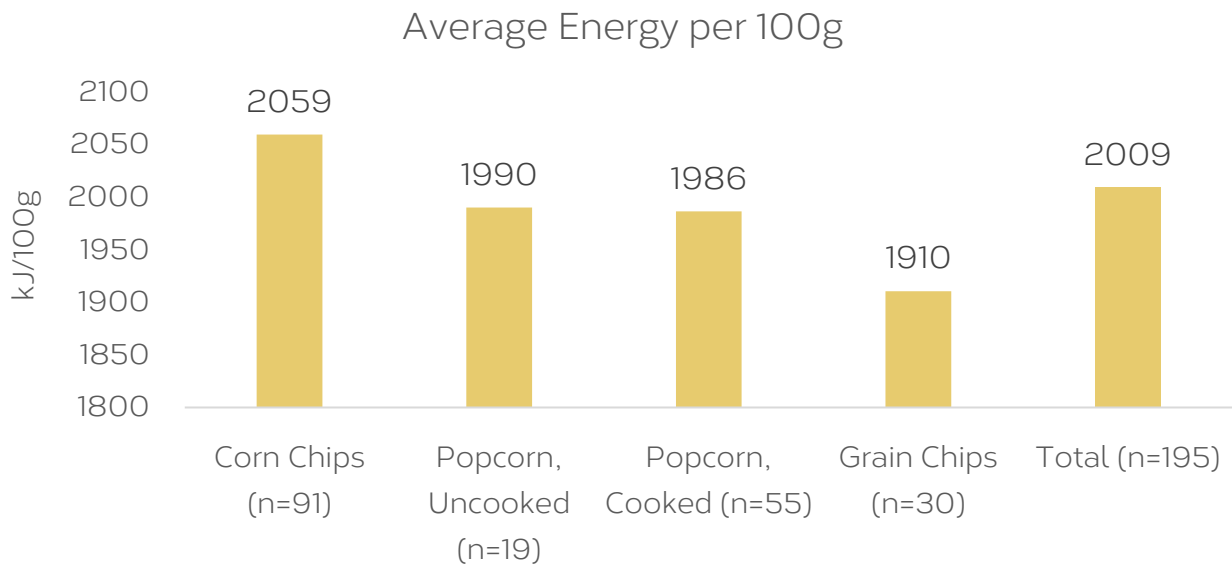
Category overview



Key nutrients

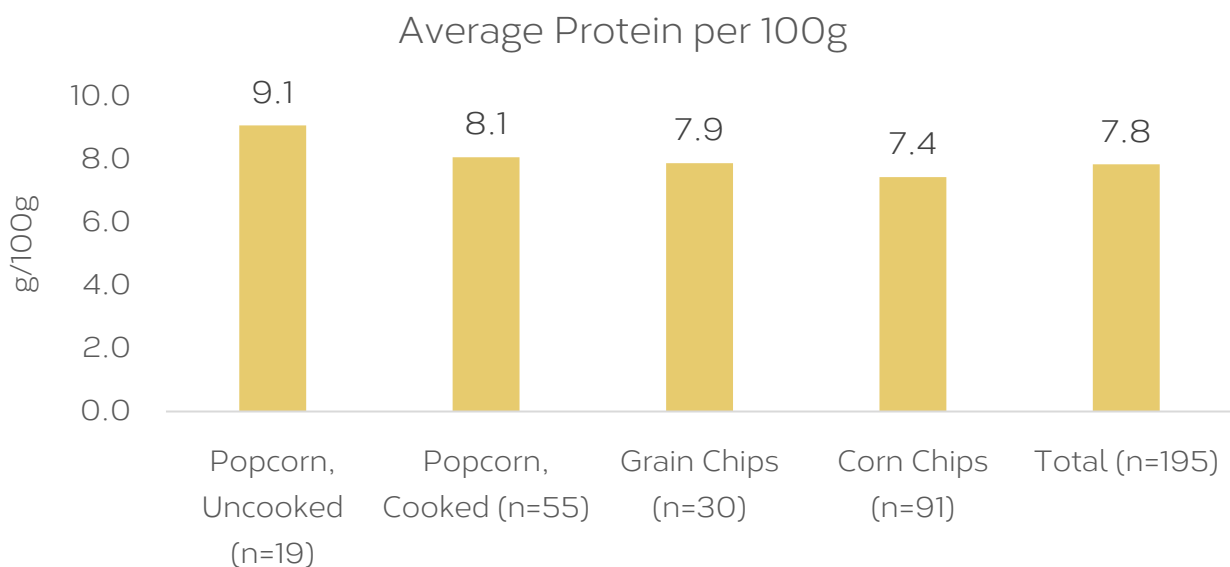
Energy (kilojoules):

Average energy content across all categories was 2,009kJ/100g, with a range of 1,470-2,600kJ/100g. Corn chips were the highest in energy on average (2,059kJ/100g), while grain chips were the lowest in energy (1,910, kJ/100g).



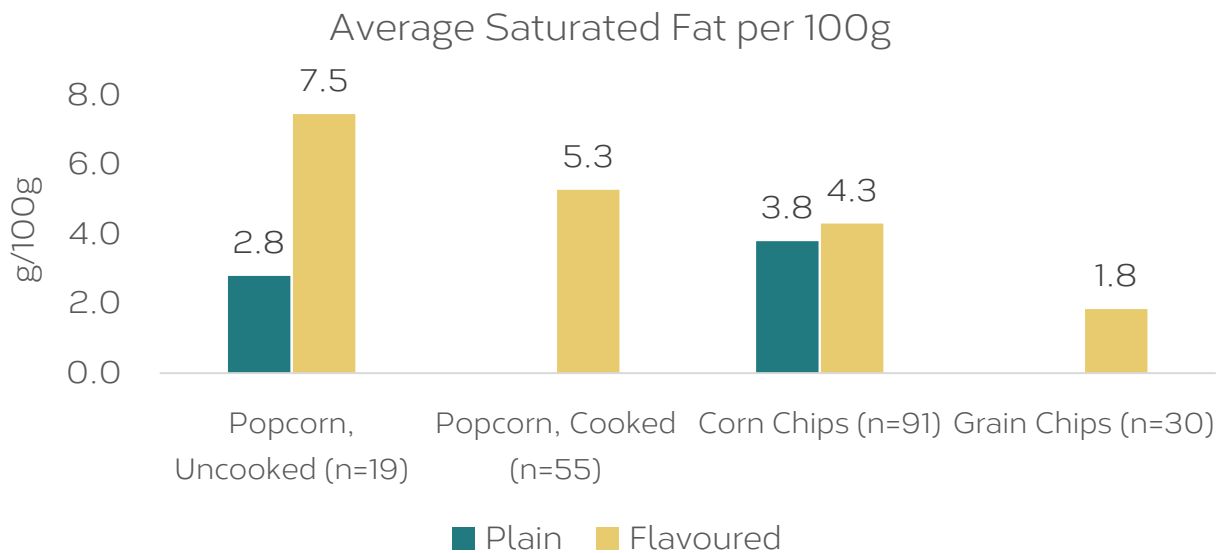
Protein:

Average protein overall was 7.8g/100g, with a range of 2.9-16.1g/100g. Uncooked popcorn was the highest in protein (9.1g/100g), followed by cooked (ready-to-eat) popcorn (8.1g/100g). Only 2.6% of products were eligible for a 'source of protein' claim (≥ 5 g/serve).



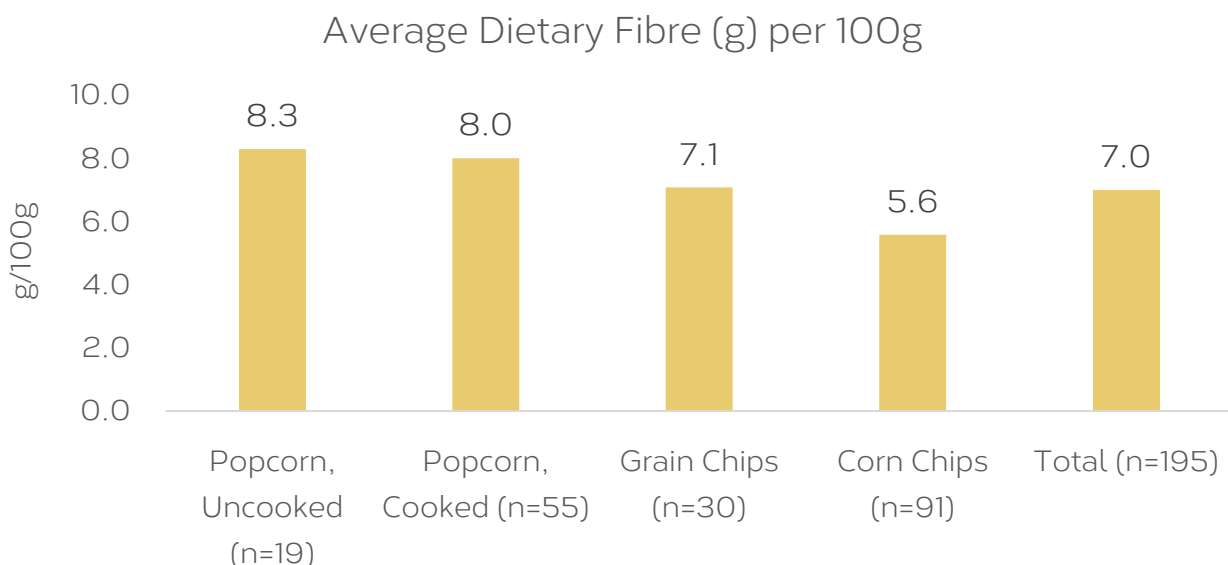
Saturated Fat:

Across all categories, saturated fat ranged from 0.7-38.9g/100g, with an average of 4.5g/100g. Flavoured uncooked popcorn was the highest in saturated fat on average and was **2.7 times** higher in saturated fat than plain/unsalted varieties. Less than 10% of products were considered low in saturated fat (≤ 1.5 g/100 g).



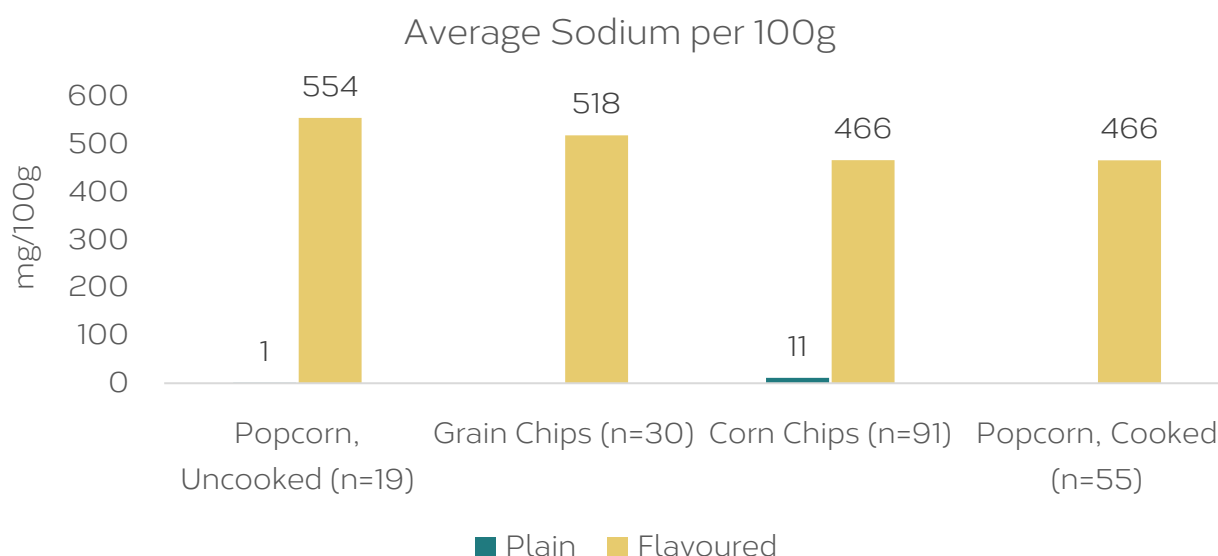
Dietary Fibre:

Dietary fibre ranged between 1.1-15.3g/100g across the category, with an average of 7g/100g. Uncooked popcorn was the highest in fibre, with an average of 8.3g/100g. Cooked popcorn and grain chips were both fairly consistent, between 7-8g/100g. Overall, 29% of products were at least a 'source of fibre,' (≥ 2 g/serve).



Sodium:

Sodium ranged from between 1-1260mg/100g, with an average of 467mg/100g across all categories. Flavoured uncooked popcorn was the highest in sodium on average, at 554mg/100g and was substantially higher than plain varieties. Unsalted corn chips were also substantially lower in sodium than flavoured options. Only, 4.6% of all products were eligible to make a low sodium claim at <120mg/100g.



Whole Grain

Almost a half (47%) of all grain snacks were whole grain, with at least 8g per serve. Out of all whole grain products, average whole grain content was 17.3g per serve. However, there was a wide range in whole grain, between 8 – 50g per serve. Whole grain snacks were on average lower in energy and sodium and higher in protein and dietary fibre than non-whole grain options.

Nutrients (per 100g)	Whole Grain* (n = 92)	Non-Whole Grain (n = 103)
Energy (kJ)	2001	2016
Protein (g)	8.2	7.5
Saturated Fat (g)	4.4	4.5
Carbohydrate (g)	56.5	59.5
Sugars (g)	6.4	5.4
Dietary Fibre (g)	7.7	6.1
Sodium (mg)	425.2	504.8

*Determined by eligibility for registration with GLNC's Code of Practice (≥8g WG per serve)

Health Star Rating

Overall, 50% of products displayed a HSR on pack. The mean HSR was 3 with a range between 0.5-4.5 stars. More than half of all corn chips displayed the HSR, while only 26% of uncooked popcorn kernels featured the HSR on pack. Mean scores were similar across categories.

