

# NutriGet

## Get to Know Nutrition Labels of Instant Noodles

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The hectic city life makes us do not have time to cook. Instant foods, with instant noodles as one of the typical items, have become a great aid for those at work and families. Many people would consider instant noodles as unhealthy. In this issue of NutriGet, we shall make use of the nutrition labels for choosing healthier instant noodles and see how to prepare it as a convenient source of balanced nutrition.



### Brief information on instant noodles:

#### Other names:

Fast noodles, instant ramen

#### Manufacturing principle:

Pre-cooked and flavoured noodles undergo frying or air drying process for hardening and extending shelf-life. When noodles are soaked in hot water, it

rehydrates quickly so that people can enjoy food in few minutes.

#### Nutrient profile:

- Made from flour and rich in carbohydrates.
- Contents of total fat, saturated fat and sodium vary greatly with different manufacturing methods and ingredients.
- Fried and hardened noodles have good mouth-feel but contain more fats.
- Palm oil, butter and lard in frying oil and/or seasoning oil contain more saturated fat.
- Salt, flavour enhancer and sauce are sources of sodium. Products with stronger flavours such as mala, satay, curry, kimchi contain even more sodium.

### Nutrient Content of Common Bag Typed Instant Noodles:

Per Package (70-180g)	
Energy	239-541 kcal
Protein	4.8-13.5 g
Total fat	0-23 g
- Saturated fat	0-10.4 g
- Trans fat	0-0.9 g
Carbohydrates	45-80.6 g
- Sugars	0.7-6.9 g
Sodium	1017-2820 mg

Source: Joint Centre for Food Safety/ Consumer Council Study (released in March 2010) ([www.nutritionlabel.gov.hk](http://www.nutritionlabel.gov.hk)) (For Consumers>Feature Articles)

### Decoding Nutrition Label:

1. Nutrition labels of instant noodles are usually expressed in "Per Package", the values shown on the label equal to the nutrient content of the whole package of food including seasoning.
2. Upon consuming the instant noodle with the highest fat content (23g) as shown in the table in one go, you will get over one-third of your daily intake upper limit for total fat based on a 2000-kcal diet (60g, approx. 4 tablespoons of oil). Based on 3 meals a day, you need to reduce intake of fat from other foods for lowering the chance of being overweight.
3. Upon consuming the instant noodle with the lowest sodium content (1017 mg) as shown in the table in one go, you will get over half of your daily intake upper limit for sodium (2000mg, approx. 1 level teaspoon of salt). Regardless of your weight, you should limit your daily sodium intake to not more than 2000mg.

### Recipe for healthy instant noodles

- Choose "non-fried" noodles.
- Check ingredient list and avoid products with oils such as palm oil, butter and lard.
- Use less seasoning as provided or create your own seasoning.
- Use natural spices such as black pepper, sliced green onions for seasoning or lean meat as soup base.
- Drink less noodle soup.
- Add vegetables and a moderate amount of lean meat for balanced nutrition.

