




YOUR AT-A-GLANCE GUIDE TO HEALTHIER FOOD SHOPPING.



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Use the nutrition information panel to compare similar packaged food items

Compare numbers in the 100g column	Best choice 	Okay sometimes 	Poor choice 
TOTAL FAT	Less than 3g	3 – 10g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 – 3g	More than 3g
SUGAR	Less than 5g	5 – 15g	More than 15g
SODIUM (salt)	Less than 120mg	120 – 400mg	More than 400mg
FIBRE	Choose high fibre . Use the per serve column and choose more than 3g fibre per serve .		

DRINKS: Choose **water first**



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