

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



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▲ Compare packaged foods per 100g/mL

		GOOD	OKAY
Total fat	Food	Less than 3g	3 – 10g
	Drinks	Less than 1.5g	1.5 – 5g
Saturated Fat	Food	Less than 1.5g	1.5 – 3g
	Drinks	Less than 0.75g	0.75 – 1.5g
Sugar	Food	Less than 5g	5 – 15g
	Drinks	Less than 2.5g	2.5 – 7.5g
Sodium (Salt)	Food	Less than 120mg	120 – 400mg
	Drinks	Less than 120mg	120 – 400mg

Also choose foods **high in fibre**
(3g or more per serve) for added benefits

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