




## Use the nutrition information panel to compare similar packaged food items

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

**DRINKS:** Choose **water first**

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VEG,  
FRUIT &  
GRAINS

## EAT VEG, FRUIT & WHOLEGRAINS EVERYDAY

Vegies, fruit, beans, lentils  
Wholegrains e.g. oats, brown rice,  
grainy bread, brown pasta

**\$2-8 per kilo**

PROTEIN

## EAT PROTEIN FOODS EVERYDAY

Fish, seafood, lean meat, chicken  
Milk, yoghurt, cheese  
Eggs, nuts, seeds, tofu

**\$5-20 per kilo**

HIGHLY  
PROCESSED

## LIMIT HIGHLY PROCESSED FOODS

Lollies, chocolate, biscuits  
Sugary drinks, crisps, savoury snacks  
Chips, pies, pastries

**\$10-40 per kilo**

+ small amounts of unsaturated oils  
(e.g. olive, canola, sunflower,  
safflower, sesame)