




**LOOK FOR THE NEW  
HEALTH STAR RATINGS  
ON PACKAGED FOODS  
IN YOUR SUPERMARKET.**



Health Star Ratings provide a quick and easy way to compare similar packaged foods. The Health Stars range from 1/2 a star to five stars. The more stars, the healthier choice. Simple.

To find out more visit: [www.healthstarrating.gov.au](http://www.healthstarrating.gov.au)

Use the nutrition information panel to compare similar packaged food items

Compare numbers in the 100g column	Best choice 	Okay sometimes 	Poor choice 
<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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