




Use the nutrition information panel to compare similar packaged food items

Compare numbers in the per 100g column	Best choice 	OK sometimes 	Too high 
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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**VEG,
FRUIT &
GRAINS**

EAT VEG, FRUIT & WHOLEGRAINS EVERY DAY

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

\$2-8 per kilo

PROTEIN

EAT PROTEIN FOODS EVERY DAY

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)*