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

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

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

livelighter.com.au
EAT PROTEIN FOODS EVERY DAY
Fish, seafood, lean meat, chicken
Milk, yoghurt, cheese
Eggs, nuts, seeds, tofu
$5-20 per kilo

EAT VEG, FRUIT & WHOLEGRAINS EVERY DAY
Veggies, fruit, beans, lentils
Wholegrains e.g. oats, brown rice,
grainy bread, brown pasta
$2-8 per kilo

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)