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>TOTAL FAT</td>
<td>Less than 3g</td>
<td>3g – 10g</td>
<td>More than 10g</td>
</tr>
<tr>
<td>SATURATED FAT</td>
<td>Less than 1.5g</td>
<td>1.5g – 3g</td>
<td>More than 3g</td>
</tr>
<tr>
<td>SUGAR</td>
<td>Less than 5g</td>
<td>5g – 15g</td>
<td>More than 15g</td>
</tr>
<tr>
<td>SODIUM (salt)</td>
<td>Less than 120mg</td>
<td>120mg – 400mg</td>
<td>More than 400mg</td>
</tr>
<tr>
<td>FIBRE</td>
<td>Choose high fibre. Use the per serving column and choose more than 3g fibre per serving.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**DRINKS:** Choose water first  
[LIVELIGHTER](http://www.livelighter.com.au)
EAT VEG, FRUIT & WHOLEGRAINS EVERY DAY
Vegies, fruit, beans, lentils
Wholegrains e.g. oats, brown rice, grainy bread, brown pasta

EAT PROTEIN FOODS EVERY DAY
Fish, seafood, lean meat, chicken
Milk, yoghurt, cheese
Eggs, nuts, seeds, tofu

LIMIT HIGHLY PROCESSED FOODS
Lollies, chocolate, biscuits,
Sugary drinks, crisps, savoury snacks,
Chips, pies, pastries

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