




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

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

PROTEIN

EAT PROTEIN FOODS EVERY DAY

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

**HIGHLY
PROCESSED**

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)