



**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)*

How to read the nutrition information panel on packaged foods and drinks

Choose foods and drinks that are lower in saturated fat, sugar and sodium.

Compare the per 100 g/mL column	Best choice 😊	OK sometimes 😐	Too high 😞
SATURATED FAT	Under 1.5 g	1.5 – 3 g	Over 3 g
SUGAR - FOOD	Under 5 g	5 – 15 g	Over 15 g
- DRINKS*	Under 2.5 g	2.5 – 5 g	Over 5 g
SODIUM (SALT)	Under 120 mg	120 – 400 mg	Over 400 mg

*Drinks without added sugar or sweetener like water and plain milk are best.

More fibre is good for health.

Compare the per serving column	Excellent 😄 😄	Good 😊	Low 😐
DIETARY FIBRE	Over 7 g	4 – 7 g	Under 4 g