

Nutrition Information Panel Wallet Card

Nutrition Information Panel: What to look for

Fruit and Vegetables:

- All fresh fruits and vegetables are healthy choices
- When buying canned fruit and vegetables, choose 'no added salt' and 'no added sugar' varieties

Breads and Cereals:

- More than 3g fibre per serve
 - Choose wholegrain (wholemeal, multigrain).

Breakfast Cereals:

- More than 3g fibre per serve
- Less than 120mg sodium per serve
- Less than 10g sugars per 100g
 - If sugar content is high and the product contains fruit, check ingredients. Only choose the product if fruit is listed before sugar in the ingredient list.
 - Choose untoasted muesli.

Fats and Oils

- Choose healthy oils and spreads made from olive, canola, peanut, sunflower, soy or safflower



Dairy (milk, yoghurt, cheese):

- Less than 3g total fat per 100g
- Less than 1.5g saturated fat per 100g
- Less than 10g sugars per 100g
 - Cheese products will not meet these criteria. When buying cheese compare products per 100g and choose the one with the least fat and sodium (reduced fat cheese is about 15g fat per 100g).

Meat, chicken, fish, nuts, legumes:

- Less than 10g total fat per 100g
- Less than 3g saturated fat per 100g
- Less than 120mg sodium per 100g
 - When choosing canned fish and legumes look for 'no added salt' varieties.
 - Choose unsalted, raw nuts.

Extras/Occasional foods

- Energy less than 600kj per serve
 - Choose extras with the least saturated fat and sodium per 100g.

