

HEALTHY SNACK SWAPS THAT COST LESS

✓ Best Left In	✗ Best Left Out
Apple \$3.50/kg 	Roll up \$37.50/kg 
Vegie sticks with hummus \$2.40/kg 	Corn chips \$16.60/kg 
Homemade banana bread \$3.50/kg 	Muesli bar \$23.20/kg 
Homemade cheese and biscuits \$10.70/kg 	Pre-packaged cheese spread and biscuits \$46.60/kg 
Yoghurt with fruit \$4.10/kg 	Sweet biscuits \$11.80/kg 



Take me shopping

Use these nutrition guidelines when choosing packaged foods (foods that may not be classified easily into one of the 5 food groups).

	Aim for	Best choice
Total fat	< 20g per 100g	< 10g per 100g
Saturated Fat	< 5g per 100g	< 3g per 100g
Carbohydrate - Sugar	< 15g per 100g	
Sodium	< 600mg per 100g	< 400mg per 100g
Fibre (if listed)	> 3g per serve is a high fibre food	

