

CHOOSING HEALTHIER PACKAGED FOODS

Use these nutrition guidelines when choosing packaged foods

	Per Serve serving size 23.2g (4 crackers)	Per 100g
Energy (kJ)	364 kJ	1579 kJ
Protein (g)	2.8 g	12.2 g
Fat - total (g)	2.2 g	9.4 g
Fat - saturated (g)	0.3 g	1.1 g
Carbohydrate - total (g)	14.4 g	62.3 g
Carbohydrate - sugar (g)	0.4 g	1.8 g
Sodium (mg)	105 mg	452 mg
Fibre (g)	3.1 g	12.0 g

Use the “per 100g column” to compare similar products.

Aim for foods with no more than **20g fat per 100g**.

Products with less than **10g of fat per 100g** are best.

Aim for foods with no more than **5g of saturated fat per 100g**.

Products with less than **3g per 100g of saturated fat** are best.

Products with less than **15g per 100g** are best.

Aim for foods with no more than **600mg of sodium per 100g**.

Products with less than **400mg of sodium per 100g** are good choices.

Not all labels include fibre. Bread, crackers, pasta, rice and cereals may be more likely to have fibre listed.

Products with **3g or more fibre per serve** are best.