



Quick shopping guide



Department of **Health**
Department of **Education**

	Energy	Sat fat	Sugar	Fibre	Sodium
Breakfast cereals		< 2g per 100g	< 20g per 100g (without fruit) < 25g per 100g (with fruit)	> 5g per 100g	< 600mg per 100g
Bread/bread products		< 1g per 100g	< 5g per 100g	> 3g per 100g	< 600mg per 100g
Cereal/muesli/nut bars	< 600kJ per serve	< 1g per serve		> 1g per serve	< 100mg per serve
Cakes/muffins	< 900kJ per serve	< 3g per 100g		> 1.5g per serve	< 300mg per serve
Savoury snacks	< 600kJ per serve AND < 1800kJ per 100g	< 2 g per serve			< 200mg per serve

< Less than

> Greater than

Extra hints and tips

- Remember, the most nutritious foods are not packaged e.g. fresh fruits and vegetables
- When comparing products, look at the 100g column on the Nutrition Information Panel
- Ingredients are listed in order of weight i.e. the main ingredient to smallest ingredient. If sugar is listed first it is likely to be an unhealthy choice
- When choosing fats and oils, select monounsaturated such as olive or canola or polyunsaturated such as sunflower or sesame