

Smart shopper guide

Choosing healthier foods

- 1** Buy mostly vegetables, fruit, lean meats, reduced-fat dairy, wholegrain cereals and breads.
- 2** Check the first three ingredients for added sugar, added salt, or saturated fat.
- 3** Compare similar products with the *Health Star Rating* or *Nutrition Information Panel*.

The Health Star Rating Panel

The *Health Star Rating Panel* is a quick way to compare similar products, like two packets of breakfast cereal.



The Nutrition Information Panel

The *Nutrition Information Panel* provides more information to compare products.

What to aim for

Energy (snack foods): 600kJ per serve or less

Total fat: 10g per 100g or less

Saturated fat: 3g per 100g or less

Sugar: 15g per 100g of added sugar (check the ingredients list)

Sodium/salt: 400g per 100g or less is good, 120g per 100g or less is best

Milk, yoghurt, ice cream – saturated fat: 2g per 100g or less

Cheese – saturated fat: 15g per 100g or less

Breads and cereals – fibre: 3g or more per serve

Nutrition Information

Servings per package – 16
 Serving size – 30g (2/3 cup)

| | Per serve | Per 100g |
|--------------|-----------|----------|
| Energy | 432kJ | 1441kJ |
| Protein | 2.8g | 9.3g |
| Fat | | |
| Total | 0.4g | 1.2g |
| Saturated | 0.1g | 0.3g |
| Carbohydrate | | |
| Total | 18.9g | 62.9g |
| Sugars | 3.5g | 11.8g |
| Fibre | 6.4g | 21.2g |
| Sodium | 65mg | 215mg |

Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.

Ingredients list Does it have added sugar, fat or salt? Check the first three ingredients:

Added sugar

- Anything ending in 'sugar' or 'syrup'
- Agave nectar
- Fruit juice concentrate
- Honey
- Malt
- Molasses
- Treacle
- Dextrose
- Fructose
- Glucose
- Sucrose
- Maltose

Fats

- Animal fat or oil
- Butter
- Chocolate
- Coconut oil/milk/cream
- Copha
- Cream
- Dripping
- Ghee
- Lard
- Milk solids
- Palm oil
- Sour cream
- Suet
- Vegetable shortening

Salt

- Rock, sea, pink, Himalayan or Kosher salt
- Garlic, onion, or vegetable salt
- Monosodium glutamate (MSG)
- Baking powder
- GMP/IMP
- Meat or yeast extract
- Sodium
- Sodium ascorbate
- Sodium bicarbonate
- Sodium nitrate/nitrite
- Stock

