

Use this 'wallet guide' for better shopping choices.



This food is....	Per 100g of food
High in Energy	950 kilojoules (kJ) or more
Low in Energy	170kJ or less
High in Carbohydrates	13g or more
High in Protein	10g or more
High in Dietary Fibre	6g or more
Fat Free	0.5g or less
Low Fat	3 g or less
Low in Saturated Fat	1.5g or less
Low in Cholesterol	20mg or less
Low in Sodium	120mg or less
Reduced, light or lite	The product contains 25% less energy or 25% less of a specific nutrient, for example, 25% less energy, fat, cholesterol or sodium than the reference food

Remember - one still needs to have that savvy approach regarding portion sizes and not be dubbed into thinking that 'more is better'.