

# Nutrition Information Panel Wallet Cards

## Nutrition Information Panel: What to look for

### Fruit and Vegetables:

- All fresh fruits and vegetables are healthy choices
- When buying canned fruit and vegetables, choose 'no added salt' and 'no added sugar' varieties

### Breads and Cereals:

- More than 3g fibre per serve
  - Choose wholegrain (wholemeal, multigrain).

### Breakfast Cereals:

- More than 3g fibre per serve
- Less than 120mg sodium per serve
- Less than 10g sugars per 100g
  - If sugar content is high and the product contains fruit, check ingredients. Only choose the product if fruit is listed before sugar in the ingredient list.
  - Choose untoasted muesli.

### Fats and Oils

- Choose healthy oils and spreads made from olive, canola, peanut, sunflower, soy or safflower



### Dairy (milk, yoghurt, cheese):

- Less than 3g total fat per 100g
- Less than 1.5g saturated fat per 100g
- Less than 10g sugars per 100g
  - Cheese products will not meet these criteria. When buying cheese compare products per 100g and choose the one with the least fat and sodium (reduced-fat cheese is about 15g fat per 100g).

### Meat, chicken, fish, nuts, legumes:

- Less than 10g total fat per 100g
- Less than 3g saturated fat per 100g
- Less than 120mg sodium per 100g
  - When choosing canned fish and legumes look for 'no added salt' varieties.
  - Choose unsalted, raw nuts.

### Extras/Occasional foods

- Energy less than 600kj per serve
  - Choose extras with the least saturated fat and sodium per 100g.



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