

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 Dextrose
Fruit juice concentrate Fructose
Honey Glucose
Malt Sucrose
Molasses Maltose
Treacle

Fats

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

Salt

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