



## Healthy Food Shopping Guide

## Instructions

- 1 Print out this page
- 2 Cut out the cards
- 3 Stick inside card to outside card
- 4 Fold along the dotted line



### Healthy Food Shopping Guide




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#### Follow these steps to choose the healthiest foods


- 1 Choose the food product
- 2 Find the nutrition information panel on the back or side of the pack
- 3 Look for the 'per 100g' column
- 4 Compare the amount of **total fat, saturated fat, sugars and sodium** with amounts recommended in this guide

For more information visit [www.cancersa.org.au](http://www.cancersa.org.au) or phone Cancer Council Helpline 13 11 20


### Food



**Healthier**  
eat most often



**OK choice**  
eat sometimes




**Least healthy**  
cut down

| per 100g      | 3g or less    | 3g ↔ 20g      | 20g or more   |
|---------------|---------------|---------------|---------------|
| Total fat     | 3g or less    | 3g ↔ 20g      | 20g or more   |
| Saturated fat | 1.5g or less  | 1.5g ↔ 5g     | 5g or more    |
| Sugars        | 5g or less    | 5g ↔ 15g      | 15g or more   |
| Sodium        | 120mg or less | 120mg ↔ 600mg | 600mg or more |


Choose foods with more than 4g fibre per serve

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### Drink\*



**Healthier**  
drink most often



**OK choice**  
drink sometimes



**Least healthy**  
cut down

| per 100ml     | 1.5g or less | 1.5g ↔ 10g   | 10g or more   |
|---------------|--------------|--------------|---------------|
| Total fat     | 1.5g or less | 1.5g ↔ 10g   | 10g or more   |
| Saturated fat | 0.75 or less | 0.75 ↔ 2.5g  | 2.5g or more  |
| Sugars        | 2.5g or less | 2.5g ↔ 7.5g  | 7.5g or more  |
| Sodium        | 60mg or less | 60mg ↔ 300mg | 300mg or more |

\* The Australian Guide to Healthy Eating advises that water is the best drink to quench your thirst