

Healthy Shopper Guide



Follow these steps using the traffic light system to make healthier food and drink choices

- 1 Choose the product and find the nutrition information panel on the back or side of the pack
- 2 Look for the 'per 100g' column
- 3 Compare the amount of **total fat, saturated fat, sugar and sodium** with the amounts in this guide to get a traffic light rating

For information phone **Cancer Council Helpline 13 11 20** or visit www.cancersa.org.au/healthysoppersguide where you can also download the FREE Food Tracker app.

Instructions

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

Food*



Healthiest
eat most often



OK
eat sometimes



Least healthy
cut down

per 100g

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 ↔ 12.5g	12.5g or more
Sodium	120mg or less	120mg ↔ 600mg	600mg or more

* Includes milk drinks
Look for foods with 4g or more of fibre per serve

Drink*



Healthiest
drink most often



OK
drink sometimes



Least healthy
cut down

per 100ml

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 ↔ 6.3g	6.3g or more
Sodium	120mg or less	120mg ↔ 600mg	600mg or more

* Water is the best drink to quench your thirst