

Healthy Shopper's Guide

Instructions

- 1 Print out this page
- 2 Cut out the card
- 3 Fold the cut out in half along fold 1
- 4 Fold the cut out in half again along fold 2

Fold 1

Food



Healthiest

eat most often



OK

eat sometimes



Least healthy

cut down

per 100g	Healthiest eat most often	OK eat sometimes	Least healthy cut down
Total fat*	3g or less	3.1g–9.9g	10g or more
Saturated fat	1.5g or less	1.6g–2.9g	3g or more
Sugars**	5g or less	5.1g–14.9g	15g or more
Sodium	120mg or less	121mg–399mg	400mg or more

Look for foods with 4g or more of fibre per serve.

*Aim for less than 15g per 100g for products with nuts listed in first three ingredients.

**Aim for less than 20g per 100g for products with fruit listed in the first three ingredients.

Healthy Shopper's guide



Fold 2

Drink



Healthiest

drink
most often



OK

drink
sometimes



Least healthy

cut down

per 100g	Healthiest drink most often	OK drink sometimes	Least healthy cut down
Total fat	1.5g or less	1.6g–9.9g	10g or more
Saturated fat	0.75g or less	0.76g–2.4g	2.5g or more
Sugars	2.5g or less	2.6g–6.2g	6.3g or more
Sodium	120mg or less	121mg–399mg	400mg or more

Water is the best drink to quench your thirst.
Includes milk drinks.

Follow these steps 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 more information phone Cancer Council SA **13 11 20** or visit cancersa.org.au/prevention/lifestyle-factors/diet