

Wallet card shopping guide



Cut out, fold and glue.

Keep in your wallet/purse to use as a guide when you shop.

Food Label Information



TOTAL FAT (RDI 47-82g)

Best: 5g/100g or less

Good: 5-10g/100g

SATURATED FAT (RDI <16.5g)

Best: 1.5g/100g or less

Good: 1.5-3g/100g

Exceptions - Total Fat:

milk, yoghurt

Best: 0.1g/100g (skim, no fat)

Good: 1.5g/100g or less (reduced fat)

ice-cream, deli meats, dressings etc.

3g/100g or less (97% fat free)

cottage & ricotta cheese

2.8g/100g or less (low fat/light)

other cheese

Best: 5.5g/100g (80% less fat-Livefree)

Good: 15g/100g or less (50% less fat)

margarine*: 55g/100g or less

nuts & oil*: High amounts accepted

provided saturated fat is low.

*Choose olive, canola, peanut, sunflower, soy, nut or safflower oils and margarines.

fold

fat, sugar and sodium per 100g.

Choose extras with the least saturated

Energy less than 600kJ (143cal)/serve

EXTRAS/OCCASIONAL FOOD

Good: 120-400mg/100g

Best: 120mg/100g or less (low salt)

SODIUM (SALT)

dairy foods.

Products that do not contain fibre such as

Exception:

or 3g/serve or more

Best: 7.5g/100g or more

(Not all labels include fibre)

FIBRE (RDI 25-30g)

the ingredient list.

product if fruit is listed before sugar in

25g/100g or less. Only choose the

Products containing dried fruit:

Exception:

Good: 5-10g/100g

Best: 5g/100g or less

SUGAR

Food Label Information

