

# **LABEL READING POCKET GUIDE**

Choose healthier foods when shopping



## **NUTRIENT**

## **CHOOSE FOODS WITH**

**Total Fat**

**Less than 10 g per 100g**

**Sugar**

**Less than 15 g per 100g**

**Sodium (salt)**

**Less than 400mg per 100g**

**Fibre**

**More than 3g per SERVE**