

## LABEL READING

PRODUCT	FAT Per 100g	FIBRE Per 100g	SODIUM Per 100g
<b>BREADS &amp; CEREALS</b>			
Breakfast Cereals except oats (7% fat)	<5g	>3g	<400mg
Breads & Crispbreads	<5g	>3g	<450mg
Plain Grains, Flours & Pasta (eg. oats, pasta, rice, noodles, couscous, polenta, rye barley, wheat, sago)	All OK		
Filled Pasta, Pasta & Sauce Packet mixes, Instant/Savoury Noodles	<5g		<350mg
<b>VEGETABLES &amp; LEGUMES</b>			
Fresh	All OK		
Frozen	<5g		
Canned with or without sauce	<5g		<300mg
Fresh or Dried Legumes (eg lentils, chick peas, kidney beans)	All OK		
Canned & Vacuum Packed Legumes	<5g		<300mg
Prepared Salads	<5g		<350mg
<b>FRUIT</b>			
Fresh	All OK		
Frozen, dried	<5g		
Canned	<5g		
Avocado and Olives	<15g		
Dried Fruit Bars & Fruit Straps	<5g	>3g	No added
<b>DAIRY &amp; ALTERNATIVE FOODS</b>			
Milk (Fluid or Dried) and Dairy Drinks	<2g		
Evaporated Milk	<4g		
Soy & Alternative Beverages	<2-4g		
Yoghurt, Soy Yoghurt, Fromage Frais, Custard	<2g		
Soft Cheese	<10g		<600mg
Hard and Cream Cheese	<10g		<600mg
Ice cream, Gelati, Sorbet, Milk/alternative Dessert, Frozen Yoghurt, Mousses	<5g		

<b>PRODUCT</b>	<b>FAT Per 100g</b>	<b>FIBRE Per 100g</b>	<b>SODIUM Per 100g</b>
<b>MEAT, MEAT ALTERNATIVES, POULTRY &amp; SEAFOOD</b>			
Beef, Veal, Pork, Lam	<10g	Lean cuts	
Poultry fresh and frozen	<10g	Skinless	
Canned Meat or Meat Alternatives (eg vegelinks, Nutolene) or Processed Meat (eg. sausages, rissoles)	<10g		<750mg
Fish: fresh, frozen, processed (coated & frozen, oven bake etc.) and canned	<10g		<350mg
<b>MISCELLANEOUS</b>			
Pre-prepared Meals (Frozen, canned or fresh)	<10g		<350mg
Nut spreads, Nut products, Salted Nuts, Seed products	High fat		<300mg
Nuts and Seeds (unsalted)	High fat		
Savoury Snacks (pretzels, corn chips, popcorn, rice crackers, soy crisps, crisps/chips, cheese flavoured snacks, flavoured crackers)	<5g		<500mg
Sweet Snacks (eg. breakfast bars, muesli bars, cakes, muffins, sweet biscuits, slices, fruit pie, fruit, cereal bars, pikelets, pancakes, crumpets, waffles and hotcakes)	<5g	>3g	<400mg
Soup (reconstituted, ready to eat)	<2g		<350mg
Dressings & sauces – Mayonnaise, Salad dressings and pasta sauces	<3g		<350mg
<b>FATS AND OILS</b>			
Margarines, Fat Spreads, Reduced Fat Spreads (50 – 80% fat)	Mono / poly-unsaturated		<400mg
Oil, Oil Sprays (80 – 90% fat)	Mono / poly-unsaturated		No added
Cooking Fats, Ghee, Lard, Dripping, Copha, Superfry	Avoid all		