

# Shop Well Eat Well

Enjoy a wide variety of  
food everyday

[www.inspiro.org.au](http://www.inspiro.org.au)

Community  
Health  
Service

inspiro



# When reading labels aim for:

< = less than

> = more than

## Total Fats - per 100g

- < 10g - meats, poultry and fish
- < 20g - cheese, where possible
- < 2g - milk and yoghurt
- < 5g - sweet and dry biscuits and crackers, snack and muesli bars, canned and packaged foods, frozen meals, ice-cream, soups, sauces and mayonnaise

If total fat is > 10g per 100g, saturated fat should be < 1/3 of the total fat

## Saturated Fats - per 100g

- < 1.5g (best)
- < 3g (good)
- < 1g (for trans fats)

## Total Sugars - per 100g

- < 10g (best)
- < 15g (good)
- < 20g (okay)

## Sodium (Salt) - per 100g

- < 120mg (best)
- < 450mg (good)

## Dietary Fibre - per 100g

- > 6g - breads, cereals, cracker biscuits and snacks

## Calcium - per 100g

- > 120mg - milks, yoghurts and dairy desserts

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This card is for general information only. For specific healthy eating advice, call Inspiro on (03) 9738 8801. Inspiro is located at 17 Clarke St, Lilydale.

# Handy hints:

- A reasonable snack is less than 600kj per serve.
- When choosing take-away, aim for less than 2000kj per meal.
- Frozen fruit and vegetables can be a healthy choice.
- Reduced fat or salt doesn't always mean low fat or salt.
- 'Light' or 'Lite' can refer to colour, flavour, sodium or fat.
- Toasted, oven baked or low cholesterol can still be high in fat.
- Find Inspiro on facebook/InspiroCHS for more handy hints.

## Remember...

- **The best drinks are tap water & reduced fat milk** (for people >2 yrs).
- **The best foods are fresh fruit & veg, lean meats, fish, nuts, seeds, wholegrain breads & cereals.**