

LABEL READING POCKET GUIDE



Choose healthier foods when shopping

NUTRIENT

CHOOSE FOODS WITH

Total Fat

Less than 10 g per 100g

Sugar

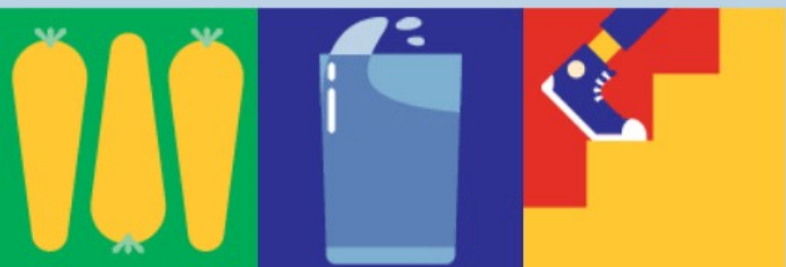
Less than 15 g per 100g

Sodium (salt)

Less than 400mg per 100g

Fibre

More than 3g per SERVE



HEALTHY EATING
ACTIVE LIVING