

LABEL READING CARD



Compare numbers in the per 100g column

Total fat

Less than 10g

Saturated fat

Less than 3g

Sugar

Less than 15g

Sodium (salt)

Less than 400mg

Fibre *

*Breads, cereals & grain foods

3g or more per serve

SHOPPING TIPS



CONNECTING THE DOTS
A National Nutrition Service

Provided to you by Karitane and Healthy Beginnings

- Make a weekly meal plan
- Write a shopping list
- Avoid shopping when hungry
- Buy vegetables and fruits in season
- Buy frozen or canned vegetables and fruits
- Compare the price of similar products per 100g

For more information visit karitane.com.au/parenting-webinars