

Compare the per 100 g/mL column	Best choice	OK sometimes	Too high
SATURATED FAT	Under 1.5 g	1.5 – 3 g	Over 3 g
SUGAR - FOOD	Under 5 g	5 – 15 g	Over 15 g
- DRINKS*	Under 2.5 g	2.5 – 5 g	Over 5 g
SODIUM (SALT)	Under 120 mg	120 – 400 mg	Over 400 mg

*Drinks without added sugar or sweetener like water and plain milk are best.

Compare the per serving column	Excellent	Good	Low
DIETARY FIBRE	Over 7 g	4 – 7 g	Under 4 g

More fibre is good for health.

Reading the ingredients list? Here are some common names for sugar and salt.

SUGAR

Agave nectar	Golden syrup
Brown sugar	Honey
Corn syrup	Invert sugar
Fructose	Malt
Fruit juice concentrate	Maple syrup
Glucose	Rice syrup
	Sucrose

SALT

Celery salt	Sodium
Flavour enhancer (msg)	Soy sauce
Himalayan pink salt	Stock
Meat extract	Table salt
Rock salt	Vegetable extract
Sea salt	Yeast extract