


General Guide to Label Reading 


Comparing **packaged food per 100g**

	Best	Good
Fat	<3g	<10g
Saturated fat	<1.5g	<3g
Sugar	<5g	<10g
Sodium	<120mg	<400mg

Fibre: >3g per serve Energy: <600kJ per serve

This resource was made for Coast Sport by Ali Redman (APD) from information provided by sawpit.gov.au and eatforhealth.gov.au

Water is the best drink. Carry a bottle with you and take regular sips to help meet your hydration needs.



Print this page, cut out the above resource and fold in half. Keep it in your wallet to help out when you are making food choices.

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