




NO MONEY
NO TIME

A QUICK GUIDE TO **DECODING LABELS**

Keep this with you on the go
to help read nutrition info!



| Compare numbers in the 100g column |  |  |  |
|------------------------------------|---|--|--|
| TOTAL FAT | < 3g | 3 - 10g | > 10g |
| SATURATED FAT | < 1.5g | 1.5 - 3g | > 3g |
| SUGAR | < 5g | 5 - 15g | > 15g |
| SODIUM | < 120mg | 120 - 400mg | > 400mg |
| FIBRE | Choose high fibre. Use the per serve column and choose more than 3g of fibre per serve. | | |

DRINKS:

Water is always best! Try to drink between 2.1 L to 2.6 L (8 - 10 glasses) a day. Limit alcohol to no more than 10 standard drinks per week, and no more than 4 standard drinks on any one day.