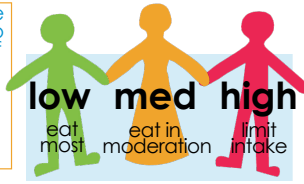


The Parents Jury's
Nutrition Guide for Shoppers



Use these criteria to find out if you're making healthy choices for your family



Per 100g	low	med	high
Total fat	≤3g	3.1-19.9g	≥20g
Saturated fat	≤1.5g	1.6-4.9g	≥5g
Sugar	≤5g	5.1-14.9g	≥15g
Sodium	≤120mg	121-599mg	≥600mg

Criteria from CHOICE
www.choicefoodforkids.com.au
www.parentsjury.org.au



The Parents Jury's

Handy label reading tips

Ingredients are listed in descending order, from the main ingredient (highest weight) to the smallest ingredient listed last. Check the top three ingredients in the food you buy.

Don't rely solely on front-of-pack nutrition claims (eg. 'lite', 'low fat') to make your purchase. Always refer to the nutrition label to make sure you know what is really in the product.

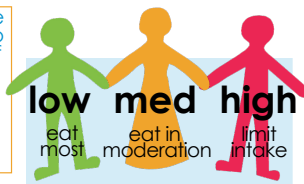
Is there an endorsement or approval stamp on your food? Check the fine print to find out what it means. Who has the stamp come from? A product may have health benefits for some people that aren't suitable for others. Always read the nutrition label to ensure you are making appropriate purchases for you and your family.

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