Supermarket Visit Worksheet

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INAME.			
Healthy Nutrition	on Guidelines (pe	er 100g/ml)	703
✓ Energy ✓ Fat	total - less than 10g (wi	th nuts + seeds can be higher) \(\sugar	- less than 10g (*with fruit less than 20g)
✓ Dietary Fibre – mo	ore than 5g 🎺 Sodium		m - for strong bones and teeth
REMEMBER - alw	ays look at the per	100g/ml column	
推進。	Vivia Bayer Bailting	EVERYDAY/HEALTHIER FOOD	OCCASIONAL/SOMETIMES FOO
BREAKFAST	Name of Food/		
CEREALS	Product		
	Energy (kJ)		
生品建築等值製	Fat - total (g)		
	Sugar (g)		
	Dietary Fibre (g)		7
18 28 66 65 68 65	Sodium (salt) (mg)		
		EVERYDAY/HEALTHIER FOOD	OCCASIONAL/SOMETIMES FOO
BREAD	Name of Food/		
*DIETARY FIBRE	Product Product		
= WHOLEGRAINS	Energy (kJ)	The second secon	
	Fat - total (g)		
	Sugar (g)		
《 學學學學學學》	Dietary Fibre (g)		
15.1561.36位,特别提出	Sodium (salt) (mg)		
		HEALTHIER OPTION	OCCASIONAL/SOMETIMES OPTION
MUESLI BARS	Name of		
EVERYDAY =	Food/ Product		
A HEALTHIER LESS PROCESSED BAR	Energy (kJ)		
*HEALTHIER	Fat - total (g)		
INGREDIENTS	Sugar (g)		
= HEALTHIER FOOD	Dietary Fibre (g)		
	Sodium (salt) (mg)		
		EVÉRYDAY/HEALTHIER FOOD	OCCASIONAL/SOMETIMES FOOD
SNACK FOODS	Name of		1 2 2 3 1 2 3 1 3 2 5 1 3 2 5 1
EVERYDAY =	Food/ Product		
WHOLEGRAIN CRACKERS & OTHER HEALTHIER OPTIONS	Energy (kJ)	OTES T	
SOMETIMES =	Fat - total (g)		
OTHER CRACKERS, BISCUITS, CHIPS ETC	Sugar (g)		
	Dietary Fibre (g)	į.	
本上市民民党的	Sodium (salt) (mg)		
	Ken at Market San	EVERYDAY/HEALTHIER FOOD	OCCASIONAL/SOMETIMES FOOD
MILK/DAIRY	Name of		
PRODUCTS	Food/ Product		
<i>EVERYDAY</i> = MILK, YOGHURT, CHEESE,	Energy (kJ)		
YOGHURT PRODUCTS SOMETIMES =	Fat - total (g)		:
CREAM ICE CREAM, FLAVOURED MILK	Sugar (g)		
SUGAR IN MILK 5a	Sodium (salt) (mg)		
OR LESS PER 100ml	Calcium (mg)		· · · · · · · · · · · · · · · · · · ·

Calcium (mg)