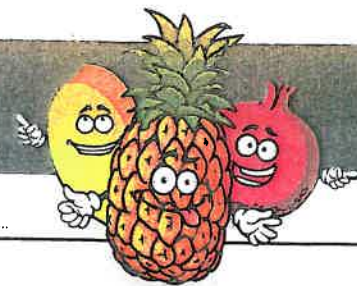


# Supermarket Visit Worksheet



NAME: \_\_\_\_\_

## Healthy Nutrition Guidelines (per 100g/ml)

- ✓ **Energy**    ✓ **Fat total** – less than 10g (with nuts + seeds can be higher)    ✓ **Sugar** – less than 10g (\*with fruit less than 20g)
- ✓ **Dietary Fibre** – more than 5g    ✓ **Sodium (salt)** – less than 400mg    ✓ **Calcium** – for strong bones and teeth

**REMEMBER** – always look at the per 100g/ml column

### BREAKFAST CEREALS

	EVERYDAY/HEALTHIER FOOD	OCCASIONAL/SOMETIMES FOOD
<b>Name of Food/Product</b> →		
Energy (kJ)		
Fat - total (g)		
Sugar (g)		
Dietary Fibre (g)		
Sodium (salt) (mg)		

### BREAD

\*DIETARY FIBRE  
= WHOLEGRAINS

	EVERYDAY/HEALTHIER FOOD	OCCASIONAL/SOMETIMES FOOD
<b>Name of Food/Product</b> →		
Energy (kJ)		
Fat - total (g)		
Sugar (g)		
Dietary Fibre (g)		
Sodium (salt) (mg)		

### MUESLI BARS

EVERYDAY =  
A HEALTHIER LESS  
PROCESSED BAR

\*HEALTHIER  
INGREDIENTS  
= HEALTHIER FOOD

	HEALTHIER OPTION	OCCASIONAL/SOMETIMES OPTION
<b>Name of Food/Product</b> →		
Energy (kJ)		
Fat - total (g)		
Sugar (g)		
Dietary Fibre (g)		
Sodium (salt) (mg)		

### SNACK FOODS

EVERYDAY =  
WHOLEGRAIN CRACKERS &  
OTHER HEALTHIER OPTIONS

SOMETIMES =  
OTHER CRACKERS, BISCUITS,  
CHIPS ETC

	EVERYDAY/HEALTHIER FOOD	OCCASIONAL/SOMETIMES FOOD
<b>Name of Food/Product</b> →		
Energy (kJ)		
Fat - total (g)		
Sugar (g)		
Dietary Fibre (g)		
Sodium (salt) (mg)		

### MILK/DAIRY PRODUCTS

EVERYDAY = MILK,  
YOGHURT, CHEESE,  
YOGHURT PRODUCTS

SOMETIMES =  
CREAM ICE CREAM,  
FLAVOURED MILK

\*SUGAR IN MILK 5g  
OR LESS PER 100ml

	EVERYDAY/HEALTHIER FOOD	OCCASIONAL/SOMETIMES FOOD
<b>Name of Food/Product</b> →		
Energy (kJ)		
Fat - total (g)		
Sugar (g)		
Sodium (salt) (mg)		
Calcium (mg)		