



Sonic
HealthPlus

How to
understand
food labels.



Compare packaged foods **per 100g**



Total Fat	Generally choose foods with less than 10g per 100g For milk, yogurt and ice cream, choose less than 2g per 100g For cheese, choose less than 15g per 100g
Saturated Fat	Aim for the lowest, less than 3g per 100g is best
Sugars	Try to avoid larger amounts of added sugars, less than 15g
Sodium (Salt)	Food with less than 400mg per 100g less than 120mg per 100g is best
Fibre	Choose breads and cereals with 3g or more per serve